

healthy kids, happy families

Parents

STOP
BAD
BEHAVIOR
FOR
GOOD

↓
SPRING FUN!
EGG-CELLENT
EASTER
CRAFTS AND
SWEET TREATS

↓
YOUR
LOST-CHILD
GAME PLAN
READ IT
BEFORE YOU
NEED IT

10
BEST
BUDGET
BEACH
RESORTS

*
QUIZ
HOW HEALTHY
IS YOUR
CHILD'S DIET?



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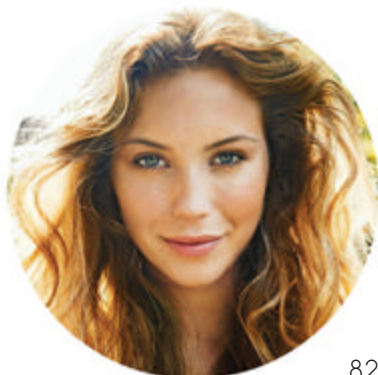
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Photograph by Priscilla Gragg. Wardrobe styling by Alexandra Kastner. Hair and makeup by Tricia Turner. On girl: Shirt, Gap. Tee and shorts, Old Navy. Shoes, Converse. Socks, Bobo Choses. Flower, Ban.Do. On Mom: Shirt, Gap. Pants, Old Navy.

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IN MEMORIAM—E. T. MEREDITH III, 1933–2003



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Our boys have grown up at Wrightsville Beach.



the *Parents*
team
answers

What is the silliest April Fool's Day prank you've played on your kids?



When my daughter Katie was about 6, I gave her toast and fruit for breakfast. But, the toast was actually pound cake! She was so excited that I fooled her because I never give her sweets for breakfast.

Karen Cicero, Contributing Editor



I poured milk into a glass and put it in our freezer overnight. Before my then 8-year-old daughter came to the breakfast table, I topped it off with a little fresh milk. She took a sip and couldn't understand why her milk was "stuck." She giggled when she realized what I'd done.

Gail O'Connor, Senior Editor



Last year I affixed pairs of those googly-eye stickers to everything in the bathroom—shampoo and conditioner bottles, body wash, the toothbrush cup. My girls, then 5 and 8, got the biggest kick out of it.

Kara Corridan, Health Director

life's a beach

IN OUR household, a family vacation is one of the biggest expenses of the year. I'm guessing the same is true for your clan (at least I hope you are taking a vacation!). Trying a new destination brings the thrill of the unknown, but also trepidation: Will it have something to please everyone? Will the hotel live up to expectations? Will you get your money's worth?

So a magical thing happens when you find a place that suits your family's needs so perfectly that you want to go back again and again. The pressure on the family's CVP (chief vacation planner) melts away and you're able to look forward to your upcoming holiday without interference. Then you vacillate between plastering ratings all over the Web telling everyone how great the place is and wanting to keep it to yourself forever lest it be invaded by every other family in America.

That's how I felt when I saw the Holiday Inn Resort in Wrightsville Beach, North Carolina, on the *Parents*/TripAdvisor list of the top 10 budget beach resorts (page 34). For many years, our extended family has been returning to Wrightsville Beach because of the relaxed, pretty setting; the broad, clean, well-lifeguarded beaches; and, now, the memories we cherish of family holidays past. I hope you'll find a destination on our list that resonates so deeply for your gang. If it is Wrightsville Beach perhaps I'll see you and the kids at Wings, checking out the hermit crabs, or fishing off Johnnie Mercer's pier. And after a day at the beach, when you get to Kohl's for a fabulous frozen custard tell them I sent you, okay?

Dana

Dana Points
dana@parents.com



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LOVE!

A British railroad company's "Teddy Rescue" campaign alerts riders, via wanted posters, to stuffed animals found on local train lines, citing where and when, to help reunite lost loveys and their owners.



TOP: STEPHANIE RAUSSEY/TRUNK ARCHIVE



PULSE

Daylight Saving Time Is Mom's Best Friend

It's baaack! DST creeps into your life again on March 8. Its purpose? To steal an hour of sleep and add mayhem to your already manic mornings. Before you jump on Zillow to search homes in Arizona and Hawaii (two states that don't observe DST), consider these reasons to be a fan of springing forward.

1. Your "early riser" is suddenly sleeping in. Congrats, Mama! He sleeps till 7 a.m. now—you did it!

2. The clock on your microwave is finally correct. You know, the one that's been an hour fast for the past four months.

3. It's the best excuse for why you didn't shower before drop-off.

"Time change," you'll say to the perfectly coiffed teachers you rush past on the way into the classroom (five minutes late, per usual). They'll understand: Tardies don't count this week.

4. You put your kids to bed while it's still light out. Happy Hour comes that much earlier. Cheers! —Sabrina James

IT'S COME TO THIS A 5-year-old boy is billed for not attending his classmate's birthday party after he said he would. ➔

JUST KIDDING!

by **Sarah Schmelling**
humorist-in-residence



MOM ACTUALLY THINKS FOR ONE MINUTE THAT SOMEONE ELSE IS GOING TO PICK UP THAT SOCK

COLORADO SPRINGS, CO – A mother here surprised herself last week by temporarily believing that another person in her family might pick up a sock that had been languishing on the stairs for several days. “I thought to myself, ‘Oh, I don’t have to grab that sock. I bet [my husband] Mark or one of the kids will put that in the hamper,’” said Fiona Blane, 37. “Can you believe that crossed my mind?”

Blane says that her husband and three sons, ages 8, 6, and 4, might notice some things out of place—say, if the entire contents of the fridge had been dumped out on the kitchen floor or if the dog was on the roof. “But there’s no way anyone else is going to see this,” she said. “It’s like I have a special gift that makes forgotten socks visible only to me.”

After realizing that the sock wasn’t going anywhere on its own, Blane put it in the hamper. “I could ask someone to do it, but I’m a lone woman in a house full of males, and I need to pick my battles,” she added. “One sock is nothing compared with the world of pain that is my toilet-seat situation.”



LOL

Adult Jokes From Kids’ Movies We Just Now Get

Thanks to clever innuendos that went over our head when we were young, watching kiddie flicks again is like a “Where’s Waldo?” of hidden gems. Our not-so-rated-G finds:



➔ **Willy Wonka & the Chocolate Factory (1971)**
Willy Wonka declares that “The snozzberries taste like snozzberries,” but never replies when Veruca Salt questions the meaning of the word *snozzberry*. Turns out a snozzberry is Roald Dahl’s slang term for penis, according to his book *My Uncle Oswald*. Yikes.



➔ **Big (1988)**
Tom Hanks’s character, Josh, a boy stuck in a man’s body, has a fun “play date” with Susan (Elizabeth Perkins). “I like you, and I want to spend the night with you,” Susan tells Josh. “Do you mean sleep over?” Josh asks. When she says yes, he innocently replies, “Okay, but I get to be on top,” and jumps on the top bunk. Giggle.



➔ **The Santa Clause (1994)**
When Tim Allen’s character, Scott, puts on the big red suit and flies like Santa, his wide-eyed son exclaims, “Whoa! You’re flying!” Scott replies, “It’s okay, I’m used to it. I lived through the ‘60s!”



➔ **Aladdin and the King of Thieves (1996)**
A stampede disrupts the wedding. The Genie says, “I thought the earth wasn’t supposed to move until the honeymoon.” Yeah...now we get it. —Sabrina James

27 WORDS FROM ...

Divine Secrets of a Domestic Diva

In motherhood there’s so much love, joy, and laughter... However, there’s no place in my home that’s exclusively mine, and really there’s no place I can hide.

—“Momz Club,” posted on DivineSecretsofaDomesticDiva.com

A Scottish mom enters her unborn child in a beauty pageant based on how she looks in the 20-week ultrasound picture. ➔



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WHO ASKED YOU? (WE DID!)

➔ **Would you allow your child to call you by your first name?** Baby Boomers everywhere may be appalled, but it's becoming more common for kids to call their parents by their given names. A *Wall Street Journal* report credits today's more lax parents and kids who take the opportunity to test their limits. Still, when we asked you about the trend, you weren't eager to ditch "Mom" and "Dad." How you responded to our **Parents.com** poll:



"My daughter's the only person who can call me Mommy. Why would I want her to call me what everyone else does?" —Nicole Dorian

"Kids don't need grown-up friends; they need parents. 'Mom' and 'Dad' are titles of distinction, honor, and respect." —Christine Bunnell Davis

"My 4-year-old occasionally refers to us by first name and it doesn't bother me. We don't refer to her as 'Daughter,' so I don't see the big deal." —Niki Cook

"My stepdaughter calls me by my name because I don't want her to feel I'm trying to replace her mom. She knows she can call me Mom, but it's her choice." —Kristin Lawver



PARENT CRUSH

The Pump and Dump Duo

After her second child was born, Denver mom Shayna Ferm (above right) scrolled through mom forums for support. These sites were filled with exasperated women venting their parenting fears and anxieties. Ferm, whose daughter is now 4 and son is now 2, immediately thought, "Man, these ladies need a night out." Cue *The Pump and Dump: A Parentally Incorrect Comedy Show and Night Out, For Once*, a rowdy, honest night of comedy and music starring Ferm and her best friend, Tracey "MC Doula" Tee.

Several weeks a month, these funny mamas get on stage to help moms (and dads) find humor in a world filled with parenting pressure. And they don't sugarcoat parenthood. Ferm sings original songs, such as "I Wanna Come Back As a Dad" and "Eat Your F-ing Food," to highlight common challenges. The duo also reads audience submissions stating "The Most F-ed Up Thing Your Kid Did This Week." *The Pump and Dump* will continue its Denver shows and nationwide tour. For dates, go to thepumpanddumpshow.com. —Brooke Scholdt

An 8-year-old boy raises \$1 million—much of it through the sale of his book, *Chocolate Bar*—and donates every penny to ➔



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SITTER-WORTHY

Serena, opens March 27

● **What you'll love** This captivating story follows George Pemberton (Bradley Cooper) and his new wife, Serena (Jennifer Lawrence), as they create a timber empire in the mountains of North Carolina in 1929. When Serena discovers George's secret past and faces tragedy of her own, her actions take her down a dark path.

● **Why you'll love it** It's reminiscent of an old Hollywood melodrama.

GOOD TO KNOW

→ **How to breastfeed without flashing anyone**

"Button-ups provide easy access, but I preferred roomy tops I could lift up. Wearing an undershirt you can tug down helps if you're nervous about exposing your back or sides. I've found that your baby usually covers up your front pretty well."

—Natalie Holbrook, *Hey Natalie Jean: Advice, Musings, and Inspiration on Marriage, Motherhood, and Style*; out March 17



WHY DIDN'T WE THINK OF THAT?

Don't waste time tying shoes in the morning. Weave elastic Laceez through the holes of any sneakers and turn them into easy slip-ons. \$8; mylaceez.com

MOM MUST-READ

by **Kristen Kemp**
book-club inspiration



Quippy and filled with aha moments, ***Do Over: Rescue Monday, Reinvent Your Work, And Never Get Stuck*** helps you make positive changes at work and at home. Best-selling author Jon Acuff makes the obvious points that relationships, skills, character, and hustle will help you with every kind of career change. But even better, he explains how you can make moves right away. Want to network with someone important? Be a first responder—answer e-mails and pick up the phone right away. Need to know what skills you even have? Complete the in-book note-card exercise and increase your confidence ASAP. So how do you fix your character? Two ways (out of many): Be generous and turn your phone so the screen is down when you're talking in person. Hustling sound hard? It is. But Acuff breaks it down into pieces like getting the grittiest, least likeable aspects of your job done first. Though the focus is on careers, the advice applies to a busy person's (ahem, like parents?) entire life. Whether you want to change jobs, get back into the workforce, or just be a better person, this book delivers the goods you need to succeed.



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MAKE — BRUNCH — BETTER



SAUSAGE BRUNCH CASSEROLE

INGREDIENTS:

1 pkg. Jimmy Dean® Premium Pork Regular Roll Sausage

6 eggs
2 cups milk
1 tablespoon Dijon mustard
2 pkgs. (5 ounces each) seasoned croutons (about 6 cups)
2 cups (8 ounces) shredded sharp cheddar cheese, divided

DIRECTIONS:

- 1. PREHEAT** oven to 350°F. Cook sausage in large skillet over MEDIUM-HIGH heat 8-10 minutes or until thoroughly cooked, stirring frequently; drain.
- 2. BEAT** eggs, milk and mustard in large bowl with a wire whisk until well blended. Add bread cubes; stir gently until evenly coated. Stir in sausage and 1-½ cups cheese.
- 3. POUR** into lightly greased 13x9-inch baking dish; sprinkle with remaining cheese.
- 4. BAKE** 40-45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting into 12 squares to serve.

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● parents to parents



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THE CONVERSATION

➔ Raising Awareness

Since your profile on the Pennsylvania Dyslexia Literacy Coalition ["Speaking Up About Dyslexia," March 2015], we have gotten thousands of hits, e-mails, and calls from all over the country. We are actively engaged with a number of other states working on legislation and awareness so dyslexia has a strong connection throughout the country.

DIANE REOTT; NEWTOWN SQUARE, PA
FOUNDER OF PENNSYLVANIA DLC



⬆ Good Read

"I had a stack of magazines on a rack next to the toilet and my son [Brandon, 19 months] picked up *Parents* and started reading!"

JILL CEDER @JILYMICH VIA INSTAGRAM

➔ Screen-Time Concerns

I just read "App-roved!" [February 2015], and I'm concerned. It's not so much about what the kids watch; it's what they are *not* doing for themselves when they are plugged in to devices. Apps can be helpful for kids with disabilities, but the problem is we don't use these as aids, we use them as nannies.

SANDY R.; AUSTIN, TX

Keep talking!

Continue the conversation online by checking out our two new blogs on Parents.com: *Special Needs Now* and *Everything Kids*.

GET IN TOUCH! Send your comments and photos to writeus@parents.com. Include your daytime phone number, city, and state or province. You can also post on [facebook.com/parentsmagazine](https://www.facebook.com/parentsmagazine). Submission of your material constitutes permission for Meredith Corporation to allow its use in all media. Subscription questions? Visit us at parents.com/magazine.

[of a hospital dressed in superhero costumes to entertain the sick kids.](#)



TASTE SO BIG

— WE HAD TO —

MAKE THEM SMALL



INGREDIENTS:

1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll
1 cup fresh chopped mushrooms
1/2 cup chopped green bell pepper
10 eggs
1/4 cup milk
1/4 teaspoon ground black pepper
1 cup (4 ounces) shredded cheddar cheese
1/2 cup sliced green onions

DIRECTIONS:

1. **PREHEAT** oven to 350°F. Cook sausage, mushrooms and bell pepper in large skillet over medium-high heat 8-10 min. or until sausage is thoroughly cooked, stirring frequently; drain.
2. **BEAT** eggs, milk and black pepper in large bowl with wire whisk until well blended. Stir in sausage mixture, cheese and green onion. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
3. **BAKE** 18-22 min. or until toothpick inserted in center comes out clean. Let stand 5 min. before serving.

PREP TIME: 15 min.

BAKE TIME: 22 min.

COOK'S TIP: Use parchment paper for cupcake liners.

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MAKE THE MOST OF FAMILY TIME



sound off! Did you know that in *Wall-E*, the sound Eve's laser makes was created by hitting a stretched-out metal Slinky with a wooden dowel? Or that in *Frozen*, Elsa's footsteps in the palace were made by clinking wineglasses and knives on a block of ice? Let your child create her own sound effects with household objects, and record them on your phone. —Christina Jedra

have a ball!

Your little one will flip over this coconut candy made with real fruit.

by CATHERINE McCORD

Date & Nut Candy

Active Time **15 minutes**

Total Time **15 minutes**

Makes **27 pieces**

INGREDIENTS

- 1/2 cup old-fashioned oats**
- 1/2 cup walnuts**
- 1/4 cup raw cashews**
- 1/4 cup chopped pitted dates**
- 2 Tbs. honey**
- 1 tsp. coconut or canola oil**
- 1/2 tsp. vanilla extract**
- 3 Tbs. shredded unsweetened coconut**

MAKE IT

1. Preheat oven to 350°F. Spread oats and nuts on a baking sheet. Bake for 8 to 10 minutes or until oats and nuts are toasted; let cool. Grind the oats and nuts in

a food processor until mixture clings together, about 2 minutes. Then add the dates, honey, coconut oil, and vanilla extract. Process until dates are blended and mixture holds together.

2. Form mixture into 3/4-in. balls, about 1 tsp. each. Roll in coconut. Store, covered, at room temperature for up to 3 days.

NUTRITION PER 3-PIECE SERVING 121 calories; 2g protein; 8g fat (2g sat. fat); 13g carbs; 2g fiber; 8g sugar; 1mg iron; 10mg calcium; 1mg sodium

sweet!

For more healthy treats, go to Catherine McCord's website, weelicious.com.



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Fancy That



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an upcycled Easter


Raid your recycling bin for everything you need to make these spring crafts with your kids.

by JODI LEVINE



👉 Funny Bunnies

Paint cardboard tubes green with craft paint (inside and out) and let dry. Cut tubes to about 2½ inches, then carefully snip angled vertical cuts to make a grass fringe around one end. To create the bunnies, cut 2½-inch-high ear shapes from felt, pinch ¼ inch above the bottom, and glue the pinched section to dyed eggs. Finish with black-marker dots for eyes.



👉 Egg-cellent Arrangement

Trim individual cups from cardboard egg cartons to create these pretty petal-and-leaf napkin rings. Paint with craft paint, let dry, then hot-glue to segments cut from a cardboard tube.

watch it!
Find video
how-tos for these
crafts at
[parents.com/
easter-videos](https://parents.com/easter-videos).

make it!
Learn how to
dye striped eggs
at [parents.com/
swirl-eggs](http://parents.com/swirl-eggs).

↑ Nest Egg

A paper shredder can turn brown bags into a sweet, spring centerpiece. Run a flattened paper lunch bag through the shredder up to the folded bottom (do not shred bottom) and reverse to remove. Cut the bag down to 7½ inches high and use your fingers or the edge of a scissors blade to curl the shredded pieces outward. Shred extra bags to make filling and add colored eggs to complete your nest.

#hamitup
#targetrun



➔ Better Baskets

Each base for these felt totes is a common household container (we made ours with ice-cream and pretzel cartons). Covered in fuzzy felt, they make adorable Easter totes. Find the step-by-step directions on page 134.



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get crafty!
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easy projects,
check out our
Easter board on
Pinterest.



↑ **Chipper Chicks**

Upcycled glass jars become a family of spring chicks. If you want to place water inside your chicks, use enamel paint (DecoArt Americana Gloss Enamel, \$2 each; decoart.com) and follow package directions to cure it. Coat the inside of each jar with paint and let dry; re-coat until paint looks opaque. Alternately, you can use regular craft paint on the outside or place small vases inside the jars. Cut beaks, feet, and wattles from orange, yellow, and red felt and hot-glue to jars; finish with painted black eyes.

← **Flower Power**

Humble newspaper is transformed into a jaunty Easter headpiece with a few snips and the aid of some basic craft supplies. Turn to page 134 for complete craft instructions.

Inspiration is everywhere.

Jo-Ann helps you share it.





sea you soon!

Want to go somewhere—anywhere—warm? *Parents* teamed up with TripAdvisor to find beach resorts that have a track record of fab reviews from families and hot deals to stretch your vacation fund. **by KAREN CICERO**

Holiday Inn Resort

Wrightsville Beach,
North Carolina



FREE FUN The Southern hospitality starts at check-in, when your child receives a toy-filled sand bucket and you're offered lemonade for the family. Before you leave the lobby,

take a pic with Gabby the hotel mascot, a talking macaw who will happily perch on your kid's shoulder. All rooms are equipped with a small fridge and microwave; plus children ages 12 and under eat at no charge in any of the resort's restaurants, including a poolside one that serves kids' food on

Frisbees. "My 10-year-old twin boys couldn't believe the size of the outdoor swimming pool," says Malise Terrell, founder of the blog *Carolina Mama*. "The beach is directly in front of the pool, so they had a blast going from one to the other." Pods of dolphins swim fairly close to shore year-round, though

THE KEY TO FREE →



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Lagoons, gardens, and even waterfalls give the Embassy Suites in Oxnard, California, a tropical feel.

they're more commonly sighted in spring and summer. "We saw them every day during our trip in July," says Terrell. "Our boys literally swam with the dolphins."

WORTH THE MONEY Take a break from the sun to visit the Children's Museum of Wilmington, about a 20-minute drive from the resort (\$9 for ages 1 and up, free for babies).

SAVE EVEN MORE Rates for a room with two beds start at \$200 per night and kids' suites with bunk beds (and a separate sleeping area for you) start at \$239 per night. Mention *Parents* when booking at 877-330-5050 and for your entire visit you'll receive free kids' club activities such as sand-castle building and dinner and a movie (usually \$10 to \$20 per activity; must be ages 4 to 12). The offer is good for stays through August.

Embassy Suites Mandalay Beach Hotel & Resort Oxnard, California

FREE FUN On a wide stretch of beach between LA and Santa Barbara, this all-suite resort has one of the most enviable locations of any in the brand. "You walk outside and you feel like you're on an island," says Katie Bodell, a blog editor for *Trekaroo* and mom of three. "In fact, it's been used in films and TV shows to depict Hawaii." Stop at the concierge desk to borrow shovels, kites, and sand buckets before you go to the beach for the day. During summer, the resort organizes free family activities, such as potato-sack races and beach treasure hunts.

WORTH THE MONEY Spend the day at the nearby Channel Islands National Park, nicknamed the North

American Galápagos for its wildlife, by taking a boat ride that's a short drive from the resort. Day trips from Island Packers start at \$59 per adult and \$41 per child ages 3 to 12; younger kids are free.

SAVE EVEN MORE Like all Embassy Suites, this location offers free cooked-to-order breakfast and a free evening reception with snacks and drinks (think open bar for you, Shirley Temples for the kids). But this location goes above and beyond: Every suite has two bathrooms—the one close to the door is ideal for rinsing off so you don't track sand into the rest of the room. Rates start at \$199 per night for a two-room suite (you get a bedroom with a door that can be closed; the kids have a sleeper sofa in the living room).

Franklyn D Resort & Spa Runaway Bay, Jamaica



FREE FUN This all-inclusive resort has built up a loyal following thanks to giving every family a vacation nanny, who helps with the kids (babies to teens) from 9 A.M. to 4:40 P.M. The nannies usually take young kids to a smaller, more protected beach where they can splash around and feed fish and turtles in the tide pools. While they're busy, you can head to the large stretch of white-sand beach, which has a sundeck and lounge chairs, or go snorkeling in the reefs offshore (you can borrow equipment at no charge). Aside from the two beaches and four pools, activities range from tennis lessons to treasure hunts. One new highlight: a two-story ice-cream treehouse, where kids can climb up for a scoop.

WORTH THE MONEY Treat yourself to one of the spa services, such as a body scrub that uses Jamaican spices (treatments start at \$80).

SAVE EVEN MORE The resort closed for two months last fall to update its guest rooms and outdoor facilities.

A SHORE THING All ten resorts on our list have family programs, easy beach access, and a TripAdvisor "bubble" rating of four out of five or higher. Many are also on a beach that's lifeguarded at peak times. Surf over to TripAdvisor.com to share your experiences at these resorts or others. You can also read reviews from other travelers, compare rates, and book your vacation right there.



Let the
Swirl Effect
begin!



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Special reopening rates for junior suites start at \$231 per night per adult, including room, food, and most activities. Kids under 6 are free; add \$30 per night for each child ages 6 to 15. Get an additional 5 percent off until December 15, 2015, by using the code PARENTS.

Hallmark Resort

Cannon Beach, Oregon



FREE FUN It's the closest resort to the beach's famous Haystack Rock, which is about 235 feet tall. A state-protected marine garden, the beach area is filled with tide pools that attract all kinds of sea life, including purple starfish. Snag a free sand bucket at check-in to build your own sand castle after visiting the tide pools. During the summer, volunteers from the Haystack Rock Awareness Program are often on hand to talk to kids about the sea creatures and nesting birds, including puffins. When you need a break from the sun, head back to the resort's lobby to borrow family board games and DVDs. Pick up a free cookie from 4 P.M. to 6 P.M., or a piece of saltwater taffy.

WORTH THE MONEY The winds at Cannon Beach are ideal for kite flying. Rent them for the kids (and you) from Once Upon A Breeze, which is within walking distance of the resort. If your child wants to do more than dip his toes in the ocean, you'll probably want to rent a wet suit from a nearby shop, since summer water temps average a tad above 60°F. But your kid may prefer the resort's indoor saltwater pool.

SAVE EVEN MORE Family suites with a small kitchen start at \$189 per night. Mention *Parents* magazine when calling to reserve at 844-857-3779 or use promo code BEACH when booking online to get 10 percent off published rates for stays through September 30, 2015.

Grand Lucayan

Freeport, Bahamas



FREE FUN Just 55 miles from Florida, this beachfront resort is an aquatic wonderland. Toddlers will love splashing around in the calm 80°F water while older kids can play in the floating bouncy house.

WORTH THE MONEY While most supervised children's clubs cost

\$50 or more per day, you can drop off your 2- to 12-year-old for just \$15 at the all-inclusive Memories sister resort next door and he'll be entertained for hours with arts and crafts, scavenger hunts, volleyball, a wading pool, and face-painting. (The cost includes lunch.) If you'd like to stick around at that resort, you can buy a day pass for \$40 per adult that includes unlimited food and beverages as well as activities, like swimming.

SAVE EVEN MORE Use code RTSPR (for spring stays) and RTSUM (for summer ones) to get 40 percent off rooms, making room rates as low as \$131 per night; suites start at \$227 per night. In summer, you'll also receive a \$250 resort credit.

Hyatt Place Waikiki Beach

Honolulu, Hawaii



FREE FUN The resort offers lei-making with fresh flowers in the lobby every Friday. "The instructors personally helped everyone," says Tiffany Phovixay, a mom of three from Sacramento, California, who reviewed the hotel on TripAdvisor. "My 6-year-old son was proud to be able to make his on his own." You can pick up sand toys and towels in the lobby and enjoy free breakfast there.

WORTH THE MONEY The resort is a few blocks from the Honolulu Zoo, home to 900-plus animals including elephants and Komodo dragons (\$14 for ages 13 and up, \$6 for ages 3 to 12, free for younger kids).

SAVE EVEN MORE Rates start at \$195 per night for a room with two queen beds; use the code PARENT to receive a 15 percent discount on your stay through May 25, 2015.

Disney's Vero Beach Resort

Florida



FREE FUN About two hours from Orlando, this charming resort offers families at least a half-dozen



The Grand Lucayan is set on 7½ acres of beach.



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It's time to look beyond the bowl at [YouTube.com/Wendys](https://www.youtube.com/Wendys).





Disney's Vero Beach Resort has plenty of space for playing in the sand.

no-cost activities daily, from glow-in-the-dark mini golf to sand-castle building, scavenger hunts to archery lessons. "Our most popular activity is an hour-long un-birthday party for kids ages 4 to 10," says Lindsay Kaye, recreation-guest-service manager. "We play musical chairs, break a piñata, and decorate cupcakes, while parents get time to themselves."

WORTH THE MONEY If you're vacationing between June and September, sign up for the two-hour Sea Turtle conservation program, where the resort's naturalist takes families (kids must be age 7 or older) to look for turtle nests and eggs on the resort's beachfront. You may even get a chance to help with a baby-sea-turtle release (\$25 per person).

SAVE EVEN MORE Early spring rates start at \$260 per night, and most of the summer rates begin at \$289 per night. But the price drops to less than \$200 in mid-August.

Hard Rock Hotel Riviera Maya, Mexico



FREE FUN The newest all-inclusive property in the Hard Rock chain—it

opened just a year ago—sits on an enviable private white-sand beach. "It's protected by rocks from the surf so the waves are gentle for little ones," says Frank Maduro, vice president of marketing. It's also teeming with marine life. "Kids can see grouper, snapper, and other colorful fish close to shore," he says. When kids need a break from the sun, they can spend time in the drop-off children's club, which is included in the resort price.

WORTH THE MONEY Book yourself a spa treatment from the Rhythm & Motion menu—massages, facials, and wraps that are synchronized to music (services start at \$100).

SAVE EVEN MORE For stays from April 12 to August 22, rates for two adults start at \$402 per night, including food and most activities. Kids ages 12 and under are free.

Winnetu Oceanside Resort Edgartown, Massachusetts



FREE FUN At this quintessential New England resort located on Martha's Vineyard's South Beach, you can drop off your children ages 3 to 12 for a morning of fun,

including crafts (which are pirate- or animal-themed), sports (such as basketball and tennis), and nature activities (such as walking to the pond to find and feed turtles). While the kids are having a blast, you can take a free yoga or fitness class. Together, the family can ride on an antique fire truck or roast s'mores at night.

WORTH THE MONEY Ask one of the resort's camp counselors (all are certified in CPR and first aid) to babysit at night, while you enjoy a peaceful dinner at the resort's delicious Lure restaurant.

SAVE EVEN MORE If you have a toddler or a preschooler, the best time to visit is weekdays between May 18 and June 5 or between September 5 and 25, when rates start at \$216 per night for a three-night stay in a spacious suite with a kitchenette, two bathrooms, and a master bedroom. During these times, there are extra activities for the under-5 crowd. Suite rates in mid-June start at \$360 per night for a three-night stay.

Hilton Ocean City Oceanfront Suites, Maryland



FREE FUN From June to September, your kids ages 5 to 11 can take part in a full- or half-day drop-off children's program where they make arts and crafts, play beach games, and hang at the activity pool, with a lazy river and waterslides.

WORTH THE MONEY Buy discounted tickets to Jolly Roger Amusement Park at the front desk. Across the street from the resort, this classic theme park woos families with midway games, an antique-train ride, and mini golf.

SAVE EVEN MORE All suites include a kitchen, a balcony, and a separate living area with a sleeper sofa closed off from the master bedroom. Spring rates start at \$139 per night; rates in mid-June start at \$377 per night. ✕

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quirky quotes from kids

ANDRU, 6 At our housewarming party, my son was helping us give our friends a tour of our new home. When we entered the master bedroom, he told everyone, "This is where my mom and dad like to cuddle." **Vickie Blalock; Oklahoma City, OK**

CARA, 3 My daughter came with me for my OB appointment when I was 9 months pregnant with her brother. The doctor told me that if my water broke, I needed to go right to the hospital. Cara looked at me and said with concern, "Mommy, if your water breaks, I'll share mine with you. I have some in the car." **Beth Engel; Jamesville, NY**

DAVID, 6 My son lost his tooth one morning. He excitedly asked his dad, "Can I give it to Grandpa? He's missing some in the front." **Batzione Brody; Flushing, NY**

ELLA, 4 I was watching football on TV one day with my daughter and 2-month-old baby. After scoring a touchdown, a player jumped into the end-zone stands to celebrate, and the fans joined in by hugging him and patting his back. Seeing this, Ella excitedly cried out, "Look, Mom, they're burping him!" **Jessica Stern; Brooklyn, NY**

ETHAN, 6 While driving in the car with my two kids, I asked them what they want to be when they grow up. My daughter said that she wants to be Rapunzel. Upon hearing this, my son turned to her and said, "Then you're going to have to move, because there are no castles around here." **Jeff Rubin; Noblesville, IN**

ELLIE, 3 I was trying tea as an alternative to coffee. I must have winced after taking a sip, because Ellie asked, "Does it taste bad? I thought it would when you put that bag of dirt in." **Promis Hoffman; Colorado Springs, CO**



crack us up & win!

Your funny story could appear on this page and you could win a \$50 gift card from Gymboree. Plus, you could also win the Parents Best of Bloopers grand prize—a \$500 gift card from Gymboree. Find out how to enter and see the abbreviated rules on page 132.



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KEEP THEM HEALTHY AND HAPPY



A helmet is a must, but little boarders also need wrist guards, elbow pads, and knee pads.

weighty matters Even if your preschooler is slim and active, it's wise to pay attention to his weight. As children get older, genes appear to play an increasing role in whether some kids become heavier than their peers, found a new study from University College London. Red flags that your child is prone to gain weight include eating very fast or wanting to keep eating when he should be full.

696,937

The number of children under 6 who have gotten the wrong medication or dose during an 11-year period ending in 2012.



Limiting his baths can help prevent eczema.

How often is too often to bathe your baby?

Rejoice all ye moms who are too busy to give the baby a daily bath. Experts say you shouldn't be doing it more than three times a week anyhow! Parents use shampoo and baby wash on their infant an average of five times a week, found a recent study by Eric Simpson, M.D., at Oregon Health & Science University, in Portland. But all that scrubbing and soaking can dry out a young baby's skin, increasing his risk of developing eczema—patches of red, itchy skin that affect 10 to 20 percent of kids.

Choose a baby wash and a shampoo that are fragrance-free and made for sensitive skin, says Dr. Simpson. And if eczema runs in your family, smooth on a gentle, fragrance-free baby cream or ointment post-bath too—in another study, Dr. Simpson and his colleagues found that babies whose skin was moisturized daily had about half the risk of eczema as those who weren't lotioned up. For children who've already been diagnosed, baths followed by moisturizer help keep skin hydrated.

A new way to read

The Sparkup Magical Book Reader is a new tech toy that clips onto kids' books and records your voice (or an older sibling's, or Grandma's) reading the story. Later, your child can sit down with the books by himself, flip the pages at his own pace, and hear you narrate as many times as he likes. Cool! One caveat: "It shouldn't take the place of co-reading—actually sitting down, touching, pointing at, experiencing a book together," says Deborah Gilboa, M.D., a youth-development and parenting expert and family physician at Squirrel Hill Health Center, in Pittsburgh. Still, she says, for those times when you simply can't (or can't bear to!) reread *Galaxy Zack* to your preschooler, the Sparkup Reader is the next best option. \$60, sparkup.com





Spring Splendor





The sugar may be more concerning than the vitamins.

SHOULD YOU WORRY?

New research suggests fortified cereals may cause kids to overdose on certain vitamins.

➔ **The facts** A recent study from the Environmental Working Group concluded that many fortified breakfast cereals and snack bars include more than the recommended amounts of vitamin A, zinc, and niacin for children, which can lead to problems such as short-term gastrointestinal symptoms or long-term liver, skeletal, and immune-system damage.

➔ **What to do** Relax. Kids would have to eat a ton of the stuff to cause side effects. “This is not a problem pediatricians typically see,” says Frank Greer, M.D., professor of pediatrics at the Wisconsin Perinatal Center in Madison. There are, however, other reasons to keep an eye on cereal consumption, including the high sugar content of many brands marketed to kids.

TWEET YOU NEED

Do you know how many kids in your child’s school aren’t fully vaccinated? Maybe you should...

—Kim Newell, M.D. @DrKimMD



To circumcise or not?

If you’ll need to make that decision, try to do it ASAP. Six percent of parents who circumcise wait until after their baby is 4 weeks old, a new study in *Pediatrics* found. Though that’s a relatively small number, waiting raises the risk of complications such as infection, and side effects from anesthesia. Plus, the procedure is more expensive—early circumcision costs about \$285, compared with \$1,885 later. The American Academy of Pediatrics recommends doctors explain to parents that the procedure can help reduce risk of future HIV and other sexually transmitted infections.





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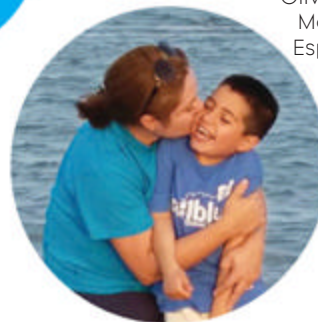
Better dental visits for kids with autism

Sitting in a dentist's chair can be hard for any kid. But for a child with autism who is sensitive to bright lights, noise, and close contact, it can be nearly impossible. Some dentists rely on restraints (called protective stabilization) or anesthesia to control difficult patient behavior, but a growing number are learning a method created by David Tesini, D.M.D., a pediatric dentist in Sudbury, Massachusetts, called the D-terminated Program. It involves practice visits, frequent breaks, and visual aids to gradually introduce dentistry to kids with autism. "We encourage parents to bring kids in for a tour prior to an appointment, and then we show them pictures of

the office while talking through what will happen: 'When we go to the dentist, you are going to lie back in a chair with your hands on your tummy and your legs out straight,'" says Amy Luedemann-Lazar, D.D.S., a pediatric dentist in Katy, Texas, who uses the program. "Typically after about three visits, kids become comfortable enough for an exam or a cleaning."

To find the right dentist for a child with autism, ask your local special-needs parenting group, get a referral from your child's doctor or physical or occupational therapist, or look for a parent-vetted dentist in your area at autismspeaks.org or a trained pediatric dentist at aapd.org. Your dentist can get the D-terminated training DVD for \$16 at specializedcare.com.

Olivia and
Matthew
Espinoza



THE POWER OF PARENTS

Spreading awareness to Hispanic families

When Luis and Olivia Espinoza were told that their 2-year-old son, Matthew, had autism, they didn't know what to expect due to the lack of resources for Spanish-speaking parents in southern Nevada. So the couple decided to do research on their own and create the first Hispanic nonprofit for autism in Las Vegas, to educate other parents about navigating an autism diagnosis. **AzulBlue** (azulblue.org) launched in December 2011 and now provides support to more than 100 families through monthly workshops, social and sporting events for kids and their siblings, conferences with translators, and orientation training to help families cope with and understand the disorder. "We focus on education to empower parents so they're able to advocate for themselves and their children, regardless of what language they speak," says Olivia Espinoza.

* Parents donated \$500 to AzulBlue. To nominate your organization or community-service project and to be considered for a donation, e-mail advocacy@parents.com.



The increase in the prevalence of autism in U.S. children from 2000 to 2010. One in 68 kids now has the disorder.

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discipline lessons that stick

Let your child learn from the natural consequences of his own actions, and you can prevent power struggles without being the bad guy.

by RENÉE SAGIV RIEBLING

WHEN I WAS a kid, “discipline” meant that my parents revoked one of my favorite privileges whenever I misbehaved. Hit my brother? No TV for a week. Didn’t do my chores? Forget that trip to the mall. Not only did this method reign in my house, but it was the MO in the home of everyone else I knew.

Although this classic approach to discipline can make kids cooperate in the short term, research has now shown that it’s not the best way to teach lifelong lessons. “Kids don’t learn when they’re feeling threatened,” says Jane Nelsen, Ed.D., author of the Positive Discipline series. Your child may

comply with your demands because he’s afraid of what will happen if he doesn’t—rather than because he has grasped anything about right and wrong.

These days, experts encourage us to let our kids experience what they call the natural consequences of their actions instead. If your child refuses to wear his jacket, just let him be cold—and he probably won’t put up a fight the next time. Logical consequences entail more adult involvement, but they’re also connected to the misbehavior: If your child runs out into the middle of the street, he must hold your hand for the rest of your walk. It’s this

connection that helps your child understand and learn from the repercussions of his actions.

Sounds easy, right? I thought so too—until my kids did things that didn’t seem to have a natural consequence. What was the real-world outcome of my daughter’s needing to be nagged 30 times before doing her chores? Or my son’s refusal to walk to day care in anything but his birthday suit on a hot day? The fact is, ideal corrective consequences can’t do the trick every time. But they’ll be effective in more situations than I’d realized. Follow these tips to get better behavior now—and in the future.



Big mess?
Toys go
to time-out.



He'll be more likely to clean up if he knows what'll happen if he doesn't.

➔ Consider the Three R's

A consequence is most likely to teach a helpful lesson when it is related, respectful, and reasonable, explains Dr. Nelsen.

Related, of course, is the opposite of random. So if your child makes a mess, her consequence should be that she has to clean it up (not that she can't play on your iPad).

Respectful means that the consequence doesn't involve shame or humiliation. "Your child already feels bad when he does something wrong," says Dr. Nelsen. "If you say, 'I told you so,' or if you shame him

afterward, you'll lessen the potential for learning because he'll stop processing the experience and instead focus on the blame."

When 7-year-old Vander Cheadle, of Ferndale, Michigan, wanted to take his favorite superhero ski mask to the town's library celebration, his stepmother, Amanda Hanlin, knew it was a bad idea. "I reminded him that it was warm outside and that neither his dad nor I would hold it if he got hot. But he just said, 'Don't worry, I'll take care of it.'" Vander brought the mask—and lost it. "It was tempting to say, 'I told you not to bring that mask!'" Hanlin admits.

"But I could see he recognized he'd made a mistake and was very disappointed." Instead, she and his dad helped him retrace his steps. When the mask didn't turn up, they agreed to take him to the store another day so that he could use his allowance to contribute to the cost of buying a replacement. By staying calm and choosing their words, they allowed Vander to learn a valuable lesson about being responsible for his things—and his choices.

Reasonable implies that a consequence should be a task your child can handle—given her age and know-how—and that's proportionate to her misbehavior. This will help her concentrate on what she's done rather than on resenting you. If your 3-year-old is goofing around and knocks over a carton of milk, don't expect her to mop the whole floor by herself to drive home your point. Instead, wipe up the spill together. If she refuses, put your hand gently on top of hers and physically do the motion with her, suggests Fran Walfish, Psy.D., author of *The Self-Aware Parent*. If she is screaming uncontrollably, you can hold her in your lap after at least part of the mess is cleaned up. When her crying stops and you feel her muscles relax, praise her for being able to calm down and just move on.

An older kid might give you back talk instead of having a meltdown, but resist the urge to get angry or let her weasel out of things. You can help defuse arguments by mentioning a consequence ahead of time ("I've noticed a lot of gum wrappers around the house—please put wrappers in the garbage, or the consequence will be no more gum"). When advance warning isn't possible, help her brainstorm solutions for a problem she's gotten herself into. For example, you might say, "You must be upset that you forgot your project is due tomorrow.



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kids • better behavior

I understand that you'd like me to go buy you those materials now, but it's late and I'm not willing to do that. Do you need help figuring out something you can make with the supplies we have?"

➔ Find the Missing Link

Natural consequences are pretty straightforward if your child has done something he shouldn't have done. I had trouble figuring out how to use them effectively when my kids failed to do things they should (like chores) and the natural consequence (a dirty house) wouldn't faze them. Although I was tempted to take away TV time like my mother had, my approach actually just needed a little fine-tuning.

"When you tell your child, 'If you don't sort your laundry, then there's no TV,' that's punishment, because the connection between doing the chore and watching TV isn't apparent," says Madelyn Swift, author of *Discipline for Life: Getting It Right With Children*. Plus, the "If you don't..." phrase makes it sound like a threat, so he'll think the point is to make him pay for not doing what you asked. However, you can turn this into a logical consequence by substituting a "When you" construction: "When you have finished sorting the laundry, then you may watch your show."

By putting it this way, you articulate the principle that you'd probably like your kids to live by: Do what you have to do before doing what you want to do. Your child may end up missing his favorite show that night—and not be able to talk about it with his friends the next morning—but once he's finished his chore, he'll experience the natural consequence of enjoying a fun activity more because there's no chore hanging over his head.

Another mantra to emphasize is that privilege equals responsibility. "Our family's rule is that all toys

* If your child doesn't speak to you respectfully, tell him that he has lost the privilege of being listened to now.

must be put where they belong by the end of the day, and any toy left lying around is food for the garbage can," says Amy Kertesz, a mom of five kids, ages 4 months to 10 years, in Palmetto Bay, Florida. "My kids know that if they don't take responsibility for their things, the consequence is that they lose the privilege of having them. Only my 3-year-old gets a pass. I'll ask him to put something away rather than just tossing it." (If you'd rather be less hard-core, you could put toys on a high shelf or in a box in another room and return them when your child demonstrates that he's been cleaning up his other toys.)

This is effective not only for material privileges but also for non-tangible ones: If your child can't handle the responsibility of playing nicely with his siblings, then he loses the privilege of getting to play with them. When he doesn't speak to you respectfully, he won't have the privilege of being listened to. However, instead of telling him, "Don't you dare speak to me that way!" calmly explain, "I will be happy to discuss this when you are able to talk about it respectfully. You can find me in my room when you're ready."

And this technique is just as powerful when your child does something right. When my 6-year-old asked if he could play a video game ten minutes before we had to pick up his sister from school, I told him there wasn't enough time. He

promised he'd stop as soon as we had to leave, so I decided to give him a chance—and I made it clear that if he upheld his end of the bargain, then I would let him do so again in the future. To my surprise, when it was time to go he hit the pause button on his game and put on his shoes. Now it's become routine. He'll say, "I know we only have a few minutes, but you can trust me."

Parents often overlook the simplest strategy: Tell the truth. For example, if your child has been misbehaving all day and then asks, "Can we go out for ice cream tonight?" go ahead and say what you're thinking: "You know, after the way you've behaved today, I really don't feel like taking you out for ice cream." The lesson? When you do people wrong, the consequence is that they're unlikely to go above and beyond for you.



Have a Back-Up Plan

Even with these rules of thumb, there will be instances when this approach won't work. It won't work if your child considers the natural consequence to be no big deal (think tooth decay as a result of refusing to brush her teeth) or if allowing her to experience a consequence could hurt someone else (you can't let her see how it feels to throw rocks at someone). And searching for a logical consequence usually doesn't make sense when you're in a hurry to get somewhere, like when my son refused to put on clothes before day care.

In fact, parenting author Madelyn Swift says you shouldn't ever search too hard: "If the consequence isn't glaringly obvious, then it's probably not the right strategy." Problem-solving, redirecting your young child to an appropriate activity, and family meetings (with kids ages 4 and up), are some examples of strategies that may work when natural consequences won't. "They are just one tool in your discipline toolbox," says Swift. "A hammer is essential to any builder, but he'll need other tools to build a house."

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what to do if your child gets lost

No parent imagines losing sight of her kid—until it happens. Prepare your child on how to keep safe if she gets separated from you, and learn the fastest ways to find her. **by MICHELLE CROUCH**

WHENEVER I took my 3-year-old son, Ben, to the public library, he loved walking up and down the aisles, examining all the books while I picked out a few for us to read. But one day, he wandered away and didn't come back. I rounded a corner prepared to remind him to stay where I could see him, but ... he was gone. He wasn't at the coloring table he loved. He wasn't at the computers. There was no sign of him.

"Ben!" I called. Nothing. Panic set in as I sprinted down aisles and checked the bathroom.

Just then, a woman came through the double doors leading outside, holding Ben firmly by the hand. "I just found this boy about to walk into

the parking lot," she said, breathless. I wrapped Ben in a bear hug, and as my heart started to beat again my mind raced with awful what-ifs.

Anyone who's been a parent long enough has experienced the terror of not being able to find her child, whether at an amusement park, a parade, in a store, or wherever else kids can get lost—which is anywhere, sometimes even right in your own neighborhood. In a 2005 report, the U.S. Department of Justice estimated that some 340,500 children a year become temporarily separated from a parent or a caregiver for at least an hour. And those numbers reflect only reported incidents, and not the thousands of times parents like me

have lost a child for a few excruciating minutes.

The good news? Most children are found quickly, often even before they realize a parent is looking for them. And possibly every parent's worst fear—abduction by a stranger or an acquaintance, where the child is taken far from home and harmed or held with the intent to keep her permanently—is very rare: Only 115 meet the criteria for this type of kidnapping a year.

Still, with almost 1,000 children a day getting lost for 60 minutes or more, it's smart to be prepared if it happens. We asked top safety experts for advice on how to keep your little Houdini safely by your side.



Basic Rules Every Kid Should Know

Beginning when your child is a toddler, you should talk about the possibility of getting lost. (See our age-by-age guide below.) The most important thing is to have a plan, and emphasize to children to follow it in the event they get separated: At the beach, for example, tell your kid to find a lifeguard, then stay put.

"You'd be amazed at how far kids can go looking for their parents," says lifeguard Tom Gill, deputy chief of the Virginia Beach Lifesaving Service, which reunited 1,200 lost children with their families last summer.

"At the beach, once they start going one way, they tend to keep going. We had one 5-year-old walk 5 miles."

To impress the point that you would never leave her, remind your child you'd never go away from where you are without her—so she shouldn't try looking for you. You may even want to instruct a toddler to sit on the floor or the ground if she can't find you and yell your name from there. Tell bigger kids they can be no more than "three giant steps" away from you, or ask them to stay where they can see you.

Of course, some kids are "runners," and they won't realize you're not with them—until they're nowhere near you. Either way, tell your child that



if you don't respond when she yells, rather than looking for a store clerk or a security guard, she should stay put and ask the first "mommy" with a child she sees to help her. Why a mom? Women with kids are statistically less likely to be predators and more likely to stay with your child until she finds you. "Uniforms can be confusing for young children,"

explains Pattie Fitzgerald, a Los Angeles consultant who teaches safety to parents and children. "Some security guards are safe; others, who knows? When children are lost, you want to give them the least-risky choice." Once children are elementary-school age, experts say, they can identify an employee. "You can tell older kids to look for a

Crucial Info to Teach Your Child at Every Age

4 YEARS AND UNDER

- ★ Their first and last name, the first thing an employee will ask your child when she's lost.
- ★ Your full name. If he knows you only as "Mommy," you can't be paged by name.
- ★ Don't go anywhere with, accept anything from, or get into a car with anyone. Never without your permission, period.

5-7 YEARS

- ★ Your cell-phone number. You can be reunited more quickly if you get separated.
- ★ A "safe list." Instead of saying "don't talk to strangers," list three to five people who are always okay for your child to talk to.

8 YEARS AND UP

- ★ An easy-to-find meeting place—the more specific the

location, the better—if you get separated.

- ★ A buddy or a sibling to come along to places (like a restroom) your child is starting to visit independently. There's more safety in numbers.
- ★ To beware of grown-ups asking for help, and to never approach a car. Tell your child to yell loudly if anyone tries to make him go somewhere.

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person behind a cash register,” says Fitzgerald. “Most employees in major stores are trained to know what to do.”

To help the lesson stick, role-play the next time you’re out together. “Have your child actually ask a store clerk or a woman with kids for help,” says Nancy A. McBride, executive director for the National Center for Missing & Exploited Children. “It helps to make these situations you’ve talked about real for your child, so when they do lose you, they know what to do and they don’t panic.”

In crowded venues such as theme parks and outdoor festivals, or in a big store, it’s always best to have young children secured. “Right from the beginning, teach your child that if they’re in a public place, they can choose: Ride buckled in the stroller or hold your hand,” says counselor Bonnie Harris, author of *Confident Parents, Remarkable Kids*.

Still, if you know you have a child who likes to bolt, a safety harness or a leash can help keep him from dashing into traffic or getting lost in a crowd, despite the controversy leashes tend to ignite. “They’re a great way to keep children safe because they actually give them more freedom,” says *Parents* advisor Jenn Berman, Psy.D., author of *The A to Z Guide to Raising Happy, Confident Kids*. “They have more room to stretch and explore, their hands are free, and if you have multiple children it makes it easier to corral them.”

3 Things to Do Before You Set Out

...to a theme park, an airport, a mall, or any other crowded destination where you and your child could get separated.

➔ Put your number in writing.

Even if your child can recite your cell-phone number, it’s a good idea to write it where he can keep it in case

YOUR LOST-CHILD TOOL KIT

These products, from tattoos to GPS trackers, may help you find your child more quickly.

<p>ID BRACELET</p> <p>Customize these bright disposable bracelets with your cell number and allergy/medical information. \$10 for ten bracelets; mypreciouskid.com</p>	<p>BUDDYTAG</p> <p>This bracelet has a GPS tracker; a phone app tells you his whereabouts and alerts you if he goes more than a specified distance away. \$40; mybuddytag.com</p>	<p>TEMPORARY TATTOO</p> <p>Write your cell number on one of these waterproof tattoos and paste it to your child’s arm. \$21 for 18 write-on tattoos; safetytat.com</p>	<p>CHILD ID KIT</p> <p>Assemble one yourself with your child’s photo, height, weight, fingerprints, and other identifying info to help law enforcement if ever necessary. For details, go to missingkids.com/childID</p>
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he forgets. Special tattoos and bracelets are available (see “Your Lost-Child Tool Kit,” above) or you can make your own with a bracelet or a dog tag. “I’ve seen parents write their number on the tongue of a shoe, a piece of paper, or on a cheap lanyard kids can tuck into their shirt,” says John W. Fussner, a theme-park security consultant who has worked with dozens of amusement parks. “It’s a big help for us when we have a lost kid.”

➔ **Go bold.** Dress your child in an easy-to-spot color like orange or neon green, and consider vibrant hats and bows, since they’re easier to see in a crowd. A bright color may also detract predators, since they tend to avoid kids who draw attention, Fitzgerald says. Don’t forget to mark your stroller, especially if you’re using a theme park—provided one that looks like dozens of others. The last thing you want is for

someone to accidentally walk off with it while your child is sleeping inside (it happens!). Tie on a big flower or bow that will make your stroller easily identifiable as your own.

➔ Take a “before” shot.

Snap a picture of your little one with your phone before you head out. Many theme parks have the technology to send a digital picture to every security officer’s phone. And it will help if you can’t remember exactly what your child was wearing. “In a moment of panic, parents always forget,” says Fussner, the theme-park consultant. “They confuse outfits or don’t know what color the shirt was. At one park, a lady gave us a fairly good description of her lost daughter, who she said was wearing certain clothes and had long blond hair. But when we finally found the child, she had short hair. The mother had forgotten she had taken her to get a haircut right before the trip.”

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He's Gone! Now What?

As difficult as it may be, try not to panic, and follow these steps.

➔ Do a quick, cursory search.

Your child probably isn't far. Stay still for a moment and think about what might have captured her attention (the iPad display? the game with the giant stuffed bears?), and quickly check that area. (If you're near a swimming pool, a fountain, or any other body of water, always check there first.) While you may have heard that it's unwise to call your child's name—that a nearby predator could use it to his advantage—most experts say it's okay, and attracting attention can actually be a deterrent to predators. "Your child is probably within earshot, so it makes sense to

call out her name, especially since the chances of abduction are very, very slim," says Robin Sax, a former deputy district attorney in Los Angeles who prosecuted crimes against children.

➔ **Get help fast.** If you don't find your child after a minute or two, seek the closest employee and explain the situation. Do it quickly even if it means you have to leave the immediate area, or send someone else if you can. Just about every large retailer has a missing-child action plan (often called a Code Adam program) that instantly mobilizes employees to guard exit doors and start combing bathrooms, fitting rooms, and aisles, says Rich Mellor, consultant/advisor for loss prevention at

REAL STORIES OF LOST KIDS

These true tales will give you chills.

Missing from men's room

Jennifer Slater, of Kennesaw, Georgia, waited outside the door while her 5-year-old son, David, used the men's room at Chicago's O'Hare Airport. After a few minutes, she poked her head in and called for him. Silence. She asked an exiting gentleman to check, and he told her there was no child inside. "By this time I was in full-out panic," Slater recalls. She ran back to the gate, grabbed her brother-in-law, and sent him in. To her relief, he came out with Slater's son. "It turns out the bathrooms at O'Hare have two entrances, which are

accessible from two different hallways," Slater says. "My son had gone out the other door, and that's where my brother-in-law found him."

➔ **The takeaway:** Some situations are simply hard to predict. But if you have a son who's reluctant to accompany you into a women's room, try seeking a family restroom you can use together.

Didn't get on the subway

Vanessa Wauchope was using public transit to bring home two children she babysat in New York City. As she shuffled with the crowd onto the subway, the doors closed before the 7-year-old could squeeze in. "I turned around to see his big eyes looking at me on the other

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National Retail Federation. “During a Code Adam, no child leaves the building without someone from the store questioning the adult and the child,” Mellor says.

➔ **Call the police.** If you haven’t found your child after five to ten minutes, get the police involved, safety experts say. A 2006 report by the U.S. Department of Justice found that the first three hours are the most critical to locate a missing child. “Give them a good description of where you last saw your child and in what kind of clothes. Stay calm and remember that calling the police does not mean the worst has happened,” says psychologist Rebecca Bailey, Ph.D., coauthor of *Safe Kids, Smart Parents*. “Most

parents vacillate from being overly concerned to thinking it will never happen to them.” However, don’t wait if your instincts tell you to call. “If you truly think your child was abducted, time is of the essence,” says Sax, noting that most abductions are committed by someone the child knows.” It doesn’t matter whether or not you are in a contentious divorce with custody issues. If your gut says call, then call. Don’t talk yourself out of calling the police.” Also consider soliciting a family member for support and help, especially if you have another child with you. It’s scary to think about your child getting lost, but knowing what to do—staying calm and seeking help fast—can spare you panic you’re unlikely to ever forget.

side of the glass,” she recalls. Wauchope knew the family plan, which was to stay where you are if you get lost. She immediately got off with the other child at the next stop, ran and hopped onto the first train back. “When we got there, we raced down the platform, yelling his name,” she says. “Sure enough, there he was, sitting and calmly waiting right where we left him.”

➔ **The takeaway:** In crowded situations, keep kids in front of you (literally) at all times, and remind them to stay put if they become separated from you.

Wandered from home

Alice-Ann Menjivar and her 2-year-old daughter, Susana,

often walked to the grocery store a few blocks away in their Washington, D.C., suburb. One day while the family hosted a backyard cookout, they realized Susana was missing. “We looked all over the house and she wasn’t there, then we finally searched the neighborhood,” says Menjivar. “Three doors down around the corner, we found her pushing her stroller. She said she was taking her baby to Safeway.”

➔ **The takeaway:** Even with a house full of people, a small child can wander off unnoticed. Make sure you delegate at least one adult to keep track of the kids.



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1. A typical snack at your house is:

- a) fruits or veggies
- b) something crunchy, like pretzels, crackers, or a granola bar
- c) a cheese stick or yogurt

2. How often do your kids drink juice?

- a) As often as a few times a day.

It's basically fruit, after all.

- b) Once in a while—usually when it's served at birthday parties or at someone else's house
- c) A big glass daily, usually with breakfast, or a juice box for lunch

3. Which best describes your primary strategy for getting your child to eat vegetables?

- a) You make sure they're part of every dinner, even if they're served with cheese or dip, and you ask your child to at least take a bite.

- b) You hide veggies when you can (zucchini muffins at breakfast, for instance), so it's okay if he refuses the ones you serve openly.
- c) You don't worry about whether he eats veggies because it makes mealtimes too stressful.

4. Your approach to sweets can be summed up this way:

- a) You allow a treat at least a few times a week, as long as your child eats a variety of healthy foods.
- b) You mostly limit them to special occasions.
- c) You're pretty laid-back about sweets. You don't deny yourself, so why deny your kid?

5. How often do you serve unfamiliar foods or ones your child hasn't liked in the past?

- a) A couple of times each week
- b) Occasionally, but it's a hassle
- c) Many or most days

6. If you're having grilled salmon, baked sweet potato, and green beans for dinner, what's your child going to eat?

- a) Exactly that
- b) A guaranteed hit, like mac 'n' cheese or a hot dog
- c) Some of the meal I'm eating, with a swap of one item

7. Say you left a bowl of fruit on the counter. What would happen?

- a) Your child would eat some.
- b) Your child would ask for a different snack but would eat the fruit if you offered that instead.
- c) Your child would ask for a different snack and wouldn't go for fruit as the alternative.

8. How often does your child eat whole grains?

- a) Not often, or never
- b) She mainly eats whole grains—you rarely have white flour, white rice, or white bread in the house.

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c) She eats some whole grains, like whole-wheat bread, oatmeal, and occasionally brown rice.

9. Compare the lunch your child had today with what he ate for lunch earlier in the week. It was:

- a) The same as the last few days, but at least it was well-balanced
- b) Pretty different, and still well-balanced
- c) Um ... his idea of “changing it up” is using a different flavor of jelly.

10. How would you describe the range of color of all the foods your child ate yesterday (excluding sweets)?

- a) They’re mostly in the beige family, with lots of white and some brown foods.
- b) A pop of color here and there, but nothing in any shade of green
- c) A wide range of colors, including dark green

SCORECARD

Add up the points for each of your answers

1.	a) 4	b) 1	c) 3
2.	a) 1	b) 3	c) 2
3.	a) 3	b) 2	c) 0
4.	a) 2	b) 4	c) 0
5.	a) 2	b) 1	c) 3
6.	a) 4	b) 0	c) 2
7.	a) 3	b) 2	c) 0
8.	a) 1	b) 3	c) 2
9.	a) 2	b) 3	c) 1
10.	a) 1	b) 2	c) 4



Who knew pretzels could make a kid this happy? Maybe you did!

what your score means

24–34 points

➔ You’re raising an exceptional eater!

Congratulations. You’re teaching your child to have proper proportions, variety, and moderation in her diet. She’s probably the one other parents gush over—your kid snacks on fruits and veggies, isn’t repulsed by trying something new, and drinks water as her go-to beverage. Sweets aren’t off-limits, but you offer them in reasonable amounts. Best of all, you model healthy eating habits—demonstrating that a healthy plate is made up of half fruits and vegetables, for instance. Just one piece of advice: “Usually we can be a bit more

permissive than we think from time to time without doing much damage,” says Dina Rose, Ph.D., author of *It’s Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating*. So don’t feel bad about the occasional break from near-perfection!

18–23 points

➔ You’ve got a healthy-enough eater.

Nice job: Your child is getting a decent amount of healthful foods. To go beyond healthy *enough*, you only need to make a few key changes. Limit juice, for one thing. The American Academy of Pediatrics does “allow” 4 to 6 ounces of 100 percent fruit juice daily for kids ages 1 to 6, but it has no

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It's amazingly satisfying to watch your kids enjoy a healthy meal.

nutritional benefit over whole fruit. Try serving more whole grains, such as quinoa, which can be mixed into waffle batter, or farro, which you can serve with peas and Parmesan. (See parents.com/whole-grains for recipes.) Encourage healthy snacking by stocking a drawer with items he likes (and that you can live with): dried fruit, granola bars, or applesauce with no added sugar. At snacktime, let him choose which one he wants. When kids can make choices throughout the day, they're less likely to put up a fight at dinner, Dr. Rose adds.

17 or fewer points

➔ Your child's eating habits need work.

You want your child to be happy at mealtimes—and there's nothing wrong with that. Just remember that you're the parent, and your long-term goal is a happy *and* healthy child. This means being firmer about eating

a nutritious diet. You likely give in to your kid's demands for substitute foods too quickly, or you cater to her by serving a separate meal you know she'll eat. (Of course, it can be especially challenging to feed a child whose "pickiness" stems from food allergies or a condition such as celiac disease.) Aim to limit sugary foods,

and pay attention to the colors of everything you serve.


It's not rocket science, but the more accessible you make fruits and vegetables—and whole grains, beans, and fish—the more likely your child will eat them. Have a fruit bowl out at eye level. And don't underestimate frozen, canned, or dried fruits and veggies—in some cases they're even more beneficial to the body than fresh produce (tomato sauce has more of the antioxidant lycopene than tomatoes do, for instance).

You've heard the advice "involve kids in food prep" a million times, and for good reason: "Kids are more likely to eat anything that they were able to help select or serve," says Michelle Ratcliffe, Ph.D., a farm-to-school specialist in Portland, Oregon. That goes for naming dishes too. At a Portland elementary school where the chef made Moroccan chicken with couscous, some students rechristened the dish "More Rockin'" chicken. It became one of the most popular meals in the lunchroom.

Overall, keep your child's total diet in mind. "Your kids aren't going to live in a world without junk," Dr. Rose says. "If you don't teach kids how to put these foods into their proper proportions now, you're sending them out into the world without an essential skill."

Are You a Healthy Eater?

Many families follow one set of rules for the parents and a different one for kids, which ultimately doesn't work for anyone, says Liz Weiss, R.D., coauthor of *No Whine With Dinner*. "Instead, establish a specific and reasonable rule such as 'one family, one meal,'" says Weiss. Another tip: Eat a balanced breakfast every day. Not only does it give you the energy you need to power through the zanyness of the morning, it can aid in keeping weight off. Roughly 80 percent of the people in the National Weight Control Registry—who lost at least 30 pounds and kept it off for at least a year—ate breakfast every day.



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welcome, matte We're guessing you probably don't have much time for makeup touch-ups throughout the day, which is why we love that matte lipstick is having a moment. The newest formulas manage to leave a stain while adding moisture, so you won't even need to reapply your lip balm. Try Elizabeth Arden Beautiful Color Moisturizing Lipstick in Bold Red (\$25; elizabetharden.com).

SARRA FLEUR ABOU-EL-HAJ: HAIR AND MAKEUP BY MISHA SHAHZADA FOR ARTIST AND AGENCY; WARDROBE STYLING BY KAREN KOZLOWSKI FOR KRAMER + KRAMER.
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and make it spring back to life are just for me!”

— Sarah M.,
Mom of one and *Parents* reader

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Pack these TSA-friendly products for your next vacation.

by DEVON ABELMAN



↓ TRAVEL IN STYLE

Little Tube, Big Results

The lightweight yet ample coverage of Dr. Hauschka Skin Care Foundation gives jet-lagged skin a glow. \$38; drhauschka.com

Small Wonders

Stowaway Cosmetics is a new brand that specializes in portable beauty products. Two standouts from the line: the Lip & Cheek Rouge Pot and Crème Lipstick. \$15 each; stowawaycosmetics.com

Built-in Beauty

Leave your makeup brushes at home: Ciaté Skinny Shadow Stick dispenses color onto a sponge applicator with the twist of the cap. \$15; ciatelondon.com

Smart Mouth

Flossing feels more efficient with DenTek Floss Picks+Case. Each of the six picks in the case has a tongue cleaner on one side. \$1.50 for two cases; walgreens.com

Germ Fighter

Don't let the name trip you up: California Baby Hand Sanitizer works for adults too. You'll love the zesty lemon scent. \$6; californiababy.com

Portable Perfume

A fragrance in wipe form frees you from the worry of a bottle breaking in your bag. Try Pinrose Petal Packs. \$20 for 25 sachets; pinrose.com

Smooth Operator

Whish Deodorant Swipes have a hair-growth-inhibiting ingredient so you can stress less about shaving. \$7 for eight pouches; whishbody.com

Pretty Pouches

Storage for your carry-on toiletries gets a chic upgrade with Sephora Collection The Gallivanter Clear To Go: 3 in 1 Bags. \$18; sephora.com



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NEW YORK



green your beauty routine

A recent Parents.com survey reveals women are more interested in natural beauty products after becoming a mom. But how far do you go? We'll help you decide. **by TRACY PEREZ**

If You Want to Do a Little ...

➔ Start with stuff for skin.

Eco-beauty experts agree that if you only go the natural route for certain parts of your routine, it should be the items you use on a daily basis that sit on—and get absorbed by—your skin. Think moisturizer, foundation, even lipstick. “A good rule of thumb is if it’s okay to eat, it’s okay for your skin,” says Cybele Fishman, M.D., an integrative dermatologist in New York City. Steer clear of products containing ingredients that are known to be risky, such as parabens (chemical preservatives) and phthalates (chemicals used to soften plastics for packaging and found in some cosmetic formulas). A fair share of research has linked “the two P’s” to a multitude of serious health issues, including chronic disease, fertility problems, and certain types of cancer. You should also try to avoid products that contain superfluous additives, such as synthetic fragrances (sometimes listed as “parfum”) and opt for natural dyes over artificial



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NEW YORK

colorants (often identified on labels as a series of letters followed by a number, such as FD&C Red No. 6). Start with these safe product picks: Tata Harper Volumizing Lip & Cheek Tint in Very Vivacious (shown on previous page, \$35; tataharperskincare.com), and below: bareMinerals Complexion Rescue Tinted Hydrating Gel Cream Broad Spectrum SPF 30 (\$29; bareminerals.com), Weleda Evening Primrose Age Revitalizing Body Oil (\$26; usa.weleda.com), and BasqNYC Sensitive Skin Mega Moisture Cream Free (\$32; basqnyc.com).



tip!

For the best results, apply body oil to damp skin.



If You Want to Do More ...

➔ Use energy-saving tools.

Choosing makeup that serves more than one purpose is an easy way to cut down on waste. But you can go a step further by limiting your heat-styling tools to those that get the job done with less juice. The Eco Tools Ultimate Air Dryer brush (\$11; ecotools.com) vows to decrease your blow-dry time—and, by extension, your electricity use—by 40 percent.

➔ Choose products free of other controversial chemicals.

A growing list of beauty companies are reducing or even eliminating the amount of potentially hazardous

ingredients in their cosmetics. Revlon recently announced its decision to remove some of the worst offenders from its makeup and shampoos; this includes formaldehyde, a preservative that's a known carcinogen. And more nail-polish brands are going "3-Free"—formulated without toluene (a type of solvent that can become dangerous when inhaled in excess), formaldehyde, and DBP (a phthalate commonly found in lacquer). We're fans of SpaRitual Nail Lacquer (\$12 each; spairitual.com) in, from left to right, these new spring shades: Groove, Cycles, and Dynamics.

If You Want to Do the Max...

➔ Commit to all of the above and support a greater cause.

Adding the layer of buying only brands that protect precious natural resources (animals included!) is the most generous step you can take. The Demeter seal on a product ensures that at least 90 percent of the ingredients are Biodynamic, meaning they're derived from a comprehensive form of organic farming. Look for the term "cruelty-free" on labels for assurance that no animals were harmed to make the product. Keep in mind that the U.S. government doesn't currently regulate such labels in cosmetics or personal-care products.



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HUMIRA
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Rewrite your goal for moderate to severe chronic plaque psoriasis

Who is HUMIRA for?¹

HUMIRA is a prescription medicine used to treat adults with moderate to severe chronic plaque psoriasis who are ready for systemic therapy or phototherapy, and are under the care of a doctor who will decide if other systemic therapies are less appropriate.

Important Safety Information¹

What is the most important information I should know about HUMIRA?

- **Serious infections.** HUMIRA can lower your ability to fight infections. **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and check you closely for signs and symptoms of TB during treatment with HUMIRA.
- **Cancer.** For children and adults taking TNF blockers, including HUMIRA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers. Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. If using TNF blockers including HUMIRA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

Tell your doctor about all of your health conditions, including if you:

- Think you have an infection or are being treated for infection. You should not start HUMIRA if you have any kind of infection unless your doctor says it is okay.

- Have symptoms of an infection, such as: fever, sweats, chills, muscle aches, cough, shortness of breath, blood in phlegm, weight loss, warm, red or painful skin, sores on your body, diarrhea, stomach pain, burning when you urinate, urinating more often than normal, or feeling very tired.

- Get a lot of infections or infections that keep coming back.

- Have diabetes.

- Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB.

- Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.

- Have or have had hepatitis B.

- Are scheduled for major surgery.

- Have or have had cancer.

- Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.

- Have or had heart failure.

- Have recently received or are scheduled to receive a vaccine. HUMIRA patients may receive vaccines, except for live vaccines.

- Are allergic to rubber, latex, or any HUMIRA ingredients.

- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed.

- Take any other medicines. You should not take HUMIRA with ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol), or SIMPONI® (golimumab). Tell your doctor if you have ever used RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).

Call your doctor right away if you have an infection or any symptoms of an infection while on HUMIRA.

HUMIRA can cause other serious side effects, including:

- Hepatitis B infection in carriers of the virus.
- Allergic reactions.
- Nervous system problems.
- Blood problems.
- Heart failure (new or worsening).
- Immune reactions including a lupus-like syndrome.
- Liver problems.
- Psoriasis (new or worsening).

Common side effects of HUMIRA

include injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections (sinus infections), headaches, rash, and nausea.

These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

HUMIRA is given by injection under the skin.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1.800.FDA.1088.

If you cannot afford your medication, contact www.pparx.org for assistance.

Ongoing support is always available with myHUMIRA.

Talk to your dermatologist today to see if HUMIRA is right for you.

Visit HUMIRA.com or call 1.800.4HUMIRA

Please see the following pages for important product information for patients.

abbvie

*Based on IMS NPA data: Total HUMIRA prescriptions written by dermatologists from 10/28/11–1/17/14 vs Enbrel®, Stelara®, and Simponi®. All trademarks are properties of their respective owners.

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References: 1. HUMIRA Injection [package insert]. North Chicago, IL: AbbVie Inc. 2. Data on file, AbbVie Inc.



Clearer Skin Is Possible

In HUMIRA clinical trials, 7 out of 10 adults with moderate to severe chronic plaque psoriasis saw 75% skin clearance, and the majority of people were clear or almost clear in just 4 months. Your results may vary.



Illustration of 75% skin clearance at 4 months. Results may vary.

HUMIRA® (Hu-MARE-ah) (adalimumab)

CONSUMER BRIEF SUMMARY CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of your immune system to fight infections. **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some people have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should check you closely for signs and symptoms of TB during treatment with HUMIRA.

You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

Before starting HUMIRA, tell your doctor if you:

- think you have an infection or have symptoms of infection such as:
 - fever, sweats, or chills
 - muscle aches
 - cough
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinate more often than normal
- shortness of breath
- blood in phlegm
- weight loss
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine ORENCIA® (abatacept), KINERET® (anakinra), RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (6-mercaptopurine, 6-MP).
- are scheduled to have major surgery

After starting HUMIRA, call your doctor right away if you have an infection, or any sign of an infection.

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

Cancer

- For children and adults taking TNF-blockers, including HUMIRA, the chances of getting cancer may increase.

- There have been cases of unusual cancers in children, teenagers, and young adults using TNF-blockers.
- People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.
- If you use TNF blockers including HUMIRA your chance of getting two types of skin cancer may increase (basal cell cancer and squamous cell cancer of the skin). These types of cancer are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Some people receiving TNF blockers including HUMIRA developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. Most of these people were male teenagers or young men. Also, most people were being treated for Crohn's disease or ulcerative colitis with another medicine called IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

See the "What are the possible side effects of HUMIRA?" section.

What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used:

- To reduce the signs and symptoms of:
 - **moderate to severe rheumatoid arthritis (RA) in adults.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
 - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children 2 years and older.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
 - **psoriatic arthritis (PsA) in adults.** HUMIRA can be used alone or with certain other medicines.
 - **ankylosing spondylitis (AS) in adults.**
 - **moderate to severe Crohn's disease (CD) in adults** when other treatments have not worked well enough.
 - **moderate to severe Crohn's disease (CD) in children 6 years and older** when other treatments have not worked well enough.
- In adults, to help get **moderate to severe ulcerative colitis (UC)** under control (induce remission) and keep it under control (sustain remission) when certain other medicines have not worked well enough. It is not known if HUMIRA is effective in people who stopped responding to or could not tolerate TNF-blocker medicines.
- **To treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps) in adults** who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

What should I tell my doctor before taking HUMIRA?

HUMIRA may not be right for you. Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See **"What is the most important information I should know about HUMIRA?"**
- have or have had cancer.
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- have recently received or are scheduled to receive a vaccine. You may receive vaccines, except for live vaccines while using HUMIRA. Children should be brought up to date with all vaccines before starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.
- are pregnant or planning to become pregnant. It is not known if HUMIRA will harm your unborn baby. HUMIRA should only be used during a pregnancy if needed.
- breastfeeding or plan to breastfeed. You and your doctor should decide if you will breastfeed or use HUMIRA. You should not do both.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your doctor if you use:

- ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol) or SIMPONI® (golimumab), because you should not use HUMIRA while you are also taking one of these medicines.
- RITUXAN® (rituximab). Your doctor may not want to give you HUMIRA if you have received RITUXAN® (rituximab) recently.
- IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take HUMIRA?

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than you were prescribed.**
- See the **Instructions for Use** inside the carton for complete instructions for the right way to prepare and inject HUMIRA.
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (1-800-448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection after he/she has been shown how to prepare and inject HUMIRA.
- **Do not** try to inject HUMIRA yourself until you have been shown the right way to give the injections. If your doctor decides that you or a caregiver may be able to give your injections of

<p>HUMIRA at home, you should receive training on the right way to prepare and inject HUMIRA.</p> <ul style="list-style-type: none"> Do not miss any doses of HUMIRA unless your doctor says it is okay. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. In case you are not sure when to inject HUMIRA, call your doctor or pharmacist. If you take more HUMIRA than you were told to take, call your doctor. 	<ul style="list-style-type: none"> hives swelling of your face, eyes, lips or mouth trouble breathing <ul style="list-style-type: none"> Nervous system problems. Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness. 	<p>These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.</p> <p>Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.</p>
<p>What are the possible side effects of HUMIRA?</p>		<p>General information about HUMIRA</p>
<p>HUMIRA can cause serious side effects, including:</p> <p>See “What is the most important information I should know about HUMIRA?”</p> <ul style="list-style-type: none"> Serious Infections. Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. People who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA: <ul style="list-style-type: none"> cough that does not go away low grade fever weight loss loss of body fat and muscle (wasting) Hepatitis B infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use HUMIRA. Your doctor should do blood tests before you start treatment, while you are using HUMIRA, and for several months after you stop treatment with HUMIRA. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection: <ul style="list-style-type: none"> muscle aches clay-colored bowel movements feel very tired fever dark urine chills skin or eyes look yellow stomach discomfort little or no appetite skin rash vomiting Allergic reactions. Allergic reactions can happen in people who use HUMIRA. Call your doctor or get medical help right away if you have any of these symptoms of a serious allergic reaction: 	<ul style="list-style-type: none"> Blood problems. Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale. New heart failure or worsening of heart failure you already have. Call your doctor right away if you get new worsening symptoms of heart failure while taking HUMIRA, including: <ul style="list-style-type: none"> shortness of breath swelling of your ankles or feet sudden weight gain. Immune reactions including a lupus-like syndrome. Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may improve when you stop HUMIRA. Liver Problems. Liver problems can happen in people who use TNF-blocker medicines. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: <ul style="list-style-type: none"> feel very tired skin or eyes look yellow poor appetite or vomiting pain on the right side of your stomach (abdomen) Psoriasis. Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA. <p>Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.</p> <p>Common side effects with HUMIRA include:</p> <ul style="list-style-type: none"> injection site reactions: redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. Call your doctor right away if you have pain, redness or swelling around the injection site that does not go away within a few days or gets worse. upper respiratory infections (including sinus infections) headaches rash nausea 	<p>Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.</p> <p>This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.</p> <p>For more information go to www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (1-800-448-6472).</p> <p>AbbVie Inc. North Chicago, IL 60064, U.S.A. US License Number 1889</p> <p>Ref: 03-B013 September 2014 64C-1604202 MASTER</p> <p>64Y-1626358</p> 

gut reactions

Whether your stomach hurts or just feels off, we'll help you pinpoint the problem and find the right treatment.

by JEANNETTE MONINGER



Too many women feel lousy but never see their doctor about it.

➔ You feel bloated.

The main symptoms of bloat are feeling full to the point of discomfort and abdominal pain that's anywhere from mild to painful. Bloat happens when you don't expel gas, so it builds up in your stomach and intestines.

Women are more susceptible to bloat than men are because of hormonal changes related to menstruation or pregnancy: Roller-coaster hormone levels can slow the gastrointestinal tract and may prevent gas from passing properly.

But even when your stomach feels huge, it doesn't necessarily mean it is. "Your belly may *feel* bigger because of gas, or due to increased fluid retention before your period," explains gastroenterologist Jacqueline Wolf, M.D., author of *A Woman's Guide to a Healthy Stomach*. A distended belly, though, has actually increased in girth. If your stomach is distended, it's likely because the gas has been redistributed to the small bowel. See your doctor if you feel bloated more days than not or if you also experience weight loss, chronic diarrhea, constipation, or frequent heartburn.

WHAT CAN HELP

✦ Watch out for surprising culprits like bananas, pretzels, cabbage, and raisins, in addition to known gas bombs like legumes, onions, and brussels sprouts. And of course, slash your salt intake to reduce water retention.



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✱ Cut back on gas-causing sugars like sorbitol in sugar-free products, lactose in dairy products, and fructose in soft drinks. Avoid chewing gum too, because it causes you to swallow air.

✱ Speak with your doctor about getting more probiotics in your diet. Commonly found in yogurt and supplements, these helpful bacteria may ease gas and bloating. Studies have shown that probiotics with a bifidobacterium strain can diminish GI symptoms.

➔ Your stomach hurts after you eat dairy.

Up to 50 million Americans are lactose intolerant, meaning they lack the enzyme called lactase needed to digest lactose, a sugar found in dairy products. The problem is most common among African Americans, Asian Americans, Hispanics, and Native Americans. “Lactose intolerance can develop gradually with age or come on suddenly after an intestinal illness,” says Dr. Wolf. You can experience bloating, diarrhea, nausea, and gas. A doctor-administered breath test or stool test can diagnose the problem, but if you don’t want to wait for an appointment, you can go dairy-free for a week and see whether symptoms resolve. If your stomach rebels when you reintroduce dairy, you’re probably lactose intolerant.

WHAT CAN HELP

- ✱ Talk to your doctor about taking over-the-counter lactase tablets before eating dairy foods. Consider trying lactose-free milk too.
- ✱ Avoid lactose, milk, whey, and curds in prepared foods like breads, cereals, salad dressings, and even nondairy creamers.
- ✱ Have a conversation with your pharmacist if your problem is severe. Lactose is found in about

20 percent of prescription drugs (including many birth-control pills) and 6 percent of over-the-counter meds like antacids, so you may need to make a switch.

➔ You feel pain in your upper right abdomen that lasts for hours.

Gallstones—hardened clusters of bile that contain either cholesterol or bilirubin—are three times more likely to occur in women than men. It can happen anytime but is common during pregnancy because rising estrogen levels slow the movement of bile through the gallbladder. (Hormonal contraceptives can have the same effect.) You may never know you have gallstones unless one blocks a bile duct and causes a gallbladder attack. Call your doctor immediately if you experience that steady pain in your right upper abdomen, or pain under your right shoulder or between your shoulders; nausea and vomiting; fever; and/or clay-colored stools. If the stone doesn’t pass, your gallbladder may need to be surgically removed before it becomes infected or ruptures.

WHAT CAN HELP

- ✱ Lose the baby weight sensibly. Excess weight is a major risk factor, but your liver secretes extra cholesterol into bile when you fast or go on a crash diet.
- ✱ Consider hormone-free birth control, such as a copper IUD, a diaphragm, or a cervical cap, if you’re at high risk for gallstones due to genetics (they often run in families) or ethnicity (American Indians and Mexican Americans are most susceptible).
- ✱ Eat a low-fat diet to make it easier for your gallbladder to get rid of bile.

➔ You’re constipated.

The widely accepted definition of constipation is when you have fewer than three bowel movements



When Stomach Pain Is Serious

If your bloating or discomfort is accompanied by any of these symptoms, see your doctor:

- Fever that’s persistent or recurrent
- Vomiting for longer than 24 hours
- Vomiting blood and/or bile
- Stools that are bloody or black and tarry
- A very tender abdomen or pain when you push on your abdomen and quickly release your hand
- Pain following an abdominal injury
- Stomach pain that interferes with sleep or daily activities
- Unexplained weight loss
- Difficulty swallowing or a feeling that something is caught in your chest or throat
- Persistent chest discomfort
- Headache and stiff neck
- Signs of dehydration (including dry mouth, infrequent or dark-yellow urine, and sunken eyes)

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✱ To beat bloat, cut back on sugars that cause gas: sorbitol in sugar-free products, lactose in dairy products, and fructose in soft drinks. Avoid chewing gum too—it makes you swallow air.

a week or have stools that are hard, dry, and small, making them difficult to pass. You may also have cramps and feel like you can't completely empty your bowels. Up to 20 percent of women get constipated, and the problem is especially common during pregnancy. High progesterone levels, as well as pressure from your expanding uterus, are among the causes of a sluggish digestive tract, says Linda A. Lee, M.D., director of the Johns Hopkins Integrative Medicine & Digestive Center, in Maryland. Extra iron in prenatal and multivitamins is another factor.

WHAT CAN HELP

- ✱ Get at least 20 grams of fiber a day via whole grains, fruits, vegetables, legumes, and nuts. If needed, talk to your doctor or pharmacist about fiber supplements.
- ✱ Check your medications. Certain antidepressants, painkillers, antacids, calcium supplements, and antihistamines can stop things up. Talk to your doctor or pharmacist about switching meds.
- ✱ Laxatives loosen stool and increase the number of bowel movements, but certain ones can stimulate uterine contractions during pregnancy and cause dehydration. Stool softeners draw water from the intestines and moisten stools, making them easier to pass. If you're pregnant, nursing, or already have a health problem, talk to your doctor before using these products.

➔ You have unexplained abdominal pain or discomfort at least three times a month for three months in a row (that may get better after a bowel movement).

This is how doctors diagnose irritable bowel syndrome (IBS). No one's pinpointed the exact cause of this illness, but one thing is clear: The intestinal tract of some IBS sufferers reacts poorly to stress. "Your colon responds to the sympathetic nervous system, so when your brain and body feel tension, so may your gut," says Dr. Lee. Symptoms can vary from mild stomachaches to severe, can't-leave-the-bathroom diarrhea flare-ups. IBS typically appears before age 35 and affects about twice as many women as men. Because IBS is a group of symptoms rather than a disease, doctors rely on your medical history to make a diagnosis.

WHAT CAN HELP

- ✱ Ask your doctor about options including medications, such as hyoscine, cimetropium, and pinaverium, to help control colon muscle spasms; antibiotics for bloating; and antidiarrheals like Imodium or Pepto-Bismol.
- ✱ Alleviate stress with exercise, meditation, massage, and yoga.
- ✱ Avoid (or limit) fatty foods, chocolate, alcohol, dairy products, and caffeinated or carbonated drinks; they can worsen symptoms.
- ✱ Peppermint is known to relax

intestinal muscles. Look for enteric-coated capsules, which dissolve in the intestines, not the stomach. First check with your doctor, though—and skip this if you suffer from heartburn.

➔ You feel nausea and heartburn or chest pain below or behind your sternum.

These are the hallmarks of gastroesophageal reflux disease (GERD). Other symptoms—which many affected people don't immediately associate with reflux—include sour taste in the mouth, dry cough, regurgitation of food or liquid, a sensation that food is stuck in your throat or chest, and feeling full even when you haven't eaten much (or at all). An estimated 60 percent of Americans suffer from heartburn intermittently; 7 percent deal with it on a daily basis. The symptoms occur because a valve separating the stomach and the esophagus is weakened, allowing irritating stomach acid or food to flow back up into the esophagus, explains Dr. Wolf. Heartburn is common during pregnancy.

WHAT CAN HELP

- ✱ Try avoiding food and drinks that are known to trigger heartburn, including fatty/fried foods, tomato sauce, alcohol, chocolate, and anything that contains caffeine.
- ✱ Wear loose-fitting clothes to prevent pressure on your abdomen.
- ✱ Elevate the head of your bed 6 to 8 inches with risers (sold at bedding and furniture stores) to prevent nighttime reflux. Extra pillows don't prop up your chest enough.
- ✱ Over-the-counter antacids help, but they shouldn't be a long-term solution. Talk to your doctor about taking an H2 blocker such as ranitidine (Zantac); if that doesn't work, try a proton-pump inhibitor like omeprazole (Prilosec). ✕

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if you ask me... by SABRINA JAMES

Q My MIL wants to be in the delivery room when I have my baby. She never asked me and talks like the decision's already been made. I appreciate how excited she is, but I only want my mom and my husband there. Help!

—Too Many Grannies in Delivery Room

Dear Too Many Grannies,
You know what I love about your question? That you acknowledge that your MIL's slight overeagerness comes from a good place. However, this is *your* labor and delivery, and your needs and desires come first. If you won't feel comfortable with her in the room, she shouldn't be there. Invite her over for dinner to tell her how you feel. Make sure your hubby is there so she knows he stands behind you, but you should do the talking. If you're vulnerable and honest, there's a good chance you'll

avoid any drama. Ask her about her birth experience. Bringing her back to the time when she was giving birth to her first child will help her to empathize with you. Let her know how much you're going to need her help once the baby's home. If she sulks, stay strong. Any hurt feelings will be gone the minute she holds her grandbaby for the first time.

P. S. You won't have to worry about this again if you have a second. Appoint MIL guardian of your first while you're at the hospital.

Q My wife stays home with our son and she's a great mom, but she's in the house most of the day and I know she puts him in front of the TV a lot while she cleans or talks to her friends on the computer. I appreciate everything she does, but I wish she'd take him to a playground

or a museum now and again. What should I do?

—Don't Want to Step on Her Toes

Dear Toes,

You've touched on quite the tricky situation here. You're entitled to a say in how your son spends his day, but a stay-at-home mom's job can be mentally and physically draining. A day at work for you probably involves a few social-media breaks and funny e-mails with your coworkers. Her only "break" may be pulling a wagon around the block, over and over.

That said, you're right! Too much screen time isn't good, and getting out of the house can be as sanity-saving as a silly cat video. Talk to her—ask if she's struggling with feelings of isolation or boredom. Addressing this issue from her perspective can open the dialogue, without her feeling like her mom skills are being judged. You can suggest playdates, but I suspect she might just be in need of a mental-health hour (or three). Hire a sitter or ask a friend to come over so she can do something she loved pre-baby. It will do wonders for her happiness, and recharge her for solid one-on-one time with your boy.

fight or fold?

I saw on Facebook that one of my kid's (supposed) BFFs had a party and didn't invite her. My daughter's birthday is coming up, and she really wants this girl at her party. I admit I'm still steamed. Can I leave this child off the guest list?

✦ **Fold.** You're throwing a party to make your daughter's day perfect, for her. But if this "friend" happens to get the less-stuffed goody bag, well, we won't tell a soul.



ABOUT SABRINA

I am a mom of a little girl in Orlando, Florida, who lives for naptime and playdates (mine, not hers). Send your pressing questions to ifyouaskme@parents.com.

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² Pharmacy Times and U.S. News & World Report, OTC Guide, June 2014.



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secure your flat screen

Every 30 minutes a child is treated in an emergency room for a TV-related injury (usually caused by a falling TV), according to a 2013 study in *Pediatrics*. Try these expert-recommended tips for safer screen installation.

* Place your TV on a low, stable piece of furniture, recommends Kate Carr, president and CEO of Safe Kids Worldwide. Secure both the screen and the furniture to the wall with safety straps. Try the KidCo Anti-Tip TV Strap (\$12 for two; toysrus.com) to help prevent the TV from being tipped over.

* If mounting your screen, expect to pay \$100 or more for a secure metal wall mount, says Geek Squad Agent Anthony Tosov, who specializes in home-theater installation. Try the MountFinder search at bestbuy.com to determine which models can support the weight and size of your unit.

* Hang your TV from studs.

* Conceal hanging cords to keep wires out of reach; leave a few inches between the power and A/V cables to avoid interference. Better yet, run your cables through the wall.



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spring delights

These fruit-filled sweets will brighten your Easter table.

by STEPHANA BOTTOM



Strawberry and
Rhubarb
Galette, recipe
on page 111.

Don't let the fancy
name fool you. A galette is
just a free-form pie.



Apricot
Skillet Cake, recipe
on page 111.

Almond flour is
the secret ingredient
in this pretty
gluten-free cake.



tip!

Use salted or unsalted matzo for this kid-friendly take on a classic French pastry.

Passover Matzo Napoleon

Active Time 1 hour Total Time 1 hour Makes 8 servings

INGREDIENTS

- 4 oz. semisweet chocolate, finely chopped
- 4 sheets matzo, cut into squares
- 3 Tbs. chopped roasted and salted pistachio nuts
- ½ cup blackberries
- 1½ cups frozen nondairy whipped topping, such as RichWhip, thawed

MAKE IT

1. Melt the chocolate in a double boiler over medium heat. Using a pastry brush, coat one side of each matzo piece with the chocolate. Sprinkle eight of them with pistachios. Let stand to harden.
2. In a medium bowl mash the blackberries. Gently fold the berries

into the whipped topping. Divide the blackberry mixture among half of the chocolate-covered matzos (those without pistachios). Top with the remaining matzos and serve.

NUTRITION PER SERVING 182 calories; 3g protein; 8g fat (5g sat. fat); 26g carbs; 2g fiber; 10g sugar; 1mg iron; 12mg calcium; 15mg sodium

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Lemon Pudding Parfaits

Active Time 1 hour

Total Time 3 to 4 hours including
chilling time

Makes 6 servings

INGREDIENTS

- 1 cup sugar
- 3 eggs
- 4 egg yolks
- 1 Tbs. lemon zest
- ½ cup fresh lemon juice
- 6 Tbs. cold unsalted butter, cut
into ½-in. pieces
- 1 8-oz. tub mascarpone cheese
- 1 8-oz. frozen pound cake, thawed
and cut into 1x2-in. chunks
- 1½ cups blueberries

6 to 12 edible flowers or leaves
(optional), such as roses,
violets, or scented geraniums

MAKE IT

1. In a large saucepan whisk together the sugar, eggs, egg yolks, lemon zest, and juice. Cook, stirring constantly, over medium-low heat until the mixture reaches 160°F on a candy thermometer, 8 to 12 minutes. Remove from heat. If the mixture is lumpy, strain through a fine-mesh sieve. Add the butter, one piece at a time, whisking constantly and heating, as needed, over low heat to melt the butter.

Transfer to a medium bowl, cover with plastic wrap touching the surface of the pudding. Refrigerate for 2 to 3 hours, until it has cooled and thickened. Whisk in the mascarpone.

2. Toast pound-cake pieces under the broiler until golden brown. In an 8-oz. glass, layer about ¼ cup pound cake, ¼ cup lemon pudding, and 2 Tbs. blueberries. Repeat layers once. Top with edible flowers, if using. Repeat with the remaining ingredients in 5 more glasses.

NUTRITION PER SERVING 641 calories; 9g protein; 41g fat (23g sat. fat); 58g carbs; 1g fiber; 48g sugar; 1mg iron; 100mg calcium; 166mg sodium

tip!

This creamy pudding can be made ahead of time and stored in the fridge for up to three days.





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McCormick Cinnamon Caramel Swirl Bars

1 1/2 cups flour
2 tsp. baking powder
2 tsp. **McCormick Ground Cinnamon**
1/4 tsp. salt
1 1/2 cups firmly packed brown sugar
1/2 cup (1 stick) butter, melted
2 eggs
1 tbsp. **McCormick Pure Vanilla Extract**
1 cup coarsely chopped pecans
1 pkg. (14 oz.) caramels, unwrapped
1/4 cup milk

MIX flour, baking powder, cinnamon and salt. Set aside. Mix brown sugar, butter, eggs, vanilla and pecans in large bowl until well blended. Add flour mixture; mix well. Reserve 1 cup of the batter. Spread remaining batter into lightly greased foil-lined 13x9-inch baking pan. Bake in preheated 350°F oven 15 minutes or until firm.

MICROWAVE caramels and milk in microwavable bowl on HIGH 2 to 3 minutes or until caramels are completely melted, stirring after every minute. Cool 5 minutes or until slightly thickened. Pour over baked layer in pan, spreading to within 1/2 inch of edges. Drop reserved 1 cup batter by spoonfuls over caramel layer. Cut through batter with knife several times for marble effect.

BAKE 15 to 20 minutes longer or until center is set. Cool in pan on wire rack. Lift from pan. Cut into bars.

Makes 24 servings.



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Strawberry and Rhubarb Galette

Active Time **25 minutes**
Total Time **90 minutes**
Makes **8 servings**

The galette can be assembled, placed on parchment paper on a baking sheet, and frozen. Before baking, let sit at room temperature for 15 minutes.

INGREDIENTS

- 2½ cups halved strawberries**
- 2 cups fresh or frozen sliced rhubarb, thawed and drained**
- ¼ cup sugar**
- 2 Tbs. cornstarch**
- ½ tsp. vanilla extract**
- ⅛ tsp. salt**
- ½ 14.1-oz. pkg. refrigerated rolled unbaked piecrust (1 crust)**
- 1 egg, beaten**
- 1 Tbs. turbinado or raw sugar**

MAKE IT

1. Heat the oven to 375°F. Line a rimmed baking sheet with parchment paper. In a large bowl, combine the strawberries, rhubarb, ¼ cup sugar, cornstarch, vanilla, and salt. Let stand for 15 minutes.
2. Unroll piecrust, roll it out slightly, and place it on the prepared baking sheet. Pour fruit mixture onto crust, leaving a 2-in. border around the edge.
3. Fold the crust edge over the fruit. Overlap the dough where needed and press down gently. Brush the dough with the beaten egg. Sprinkle all over with the turbinado sugar. Bake until the crust is golden brown and juices are bubbly, about 50 minutes. Serve warm or at room temperature.

NUTRITION PER SERVING 180 calories; 2g protein; 7g fat (3g sat. fat); 27g carbs; 2g fiber; 10g sugar; 1mg iron; 39mg calcium; 149mg sodium



Apricot Skillet Cake

Active Time **25 minutes**
Total Time **65 minutes**
Makes **8 servings**

Serve this gluten-free cake within eight hours of baking. For a conventional version, substitute 1¾ cups all-purpose flour for the almond and rice flours.

INGREDIENTS

- Nonstick cooking spray**
- 1 cup almond flour**
- ¾ cup white-rice flour**
- 1 cup sugar**
- 2 tsp. ground ginger**
- 1 tsp. baking powder**
- ½ tsp. kosher salt**
- 4 eggs, plus 1 egg white**
- 1 stick unsalted butter, melted**
- ¼ cup milk**
- 1 tsp. chopped fresh thyme, divided**
- 1 15-oz. can apricot halves in extra-light syrup, such as Del Monte, drained and rinsed**

MAKE IT

1. Preheat the oven to 350°F. Coat a 10-in. cast-iron skillet with cooking spray.
2. In a medium bowl whisk together the flours, sugar, ginger, baking powder, and salt.
3. In a large bowl, beat the eggs and egg white with an electric mixer for 2 minutes. Add the butter, milk, and half the thyme. Beat to combine. Stir in the flour mixture. Pour the batter into the prepared pan. Arrange the apricot halves over the surface of the batter, cut side up.
4. Sprinkle the remaining thyme over the top. Bake for 35 to 40 minutes or until a toothpick inserted near the center comes out clean. Serve warm or at room temperature.

NUTRITION PER SERVING 404 calories; 8g protein; 21g fat (9g sat. fat); 48g carbs; 2g fiber; 33g sugar; 1mg iron; 93mg calcium; 236mg sodium

Bunny Treat



Ingredients



3 tbsp



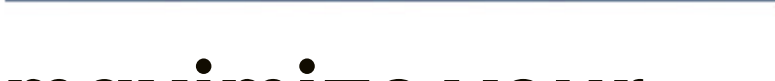
10 oz



6 cups



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by **KATE ASHFORD**

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Behavioral scientists call this “optimism bias,” and it’s a major reason why many people fail to plan for risks they’ll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

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➔ **Open a 529.** College may seem like a long way off, but setting up a 529 plan can be a shrewd strategy. The money grows tax-free as long as you use it toward eligible expenses, and you may also get a state deduction. For instance, a married couple in New York who contributes \$5,000 to an in-state 529 could save up to \$500 in taxes, according to Stephany Kirkpatrick, CFP, Moms Money Clinic advisor and vice president of financial advice for LearnVest.com.

➔ **Submit a new W4 for each life event.** Whenever you have or adopt a baby or change your marital status, make sure you and your partner submit a revised withholding form to your employer so that the correct amount is auto-deducted from your paycheck. Otherwise you risk missing out on funds you need right away to cover household expenses—or, worse, having too little withheld and owing a bundle in April.

➔ **Use tax software.** Invest in a program that asks all the right questions. TurboTax (\$35 for the online deluxe version at turbotax.com) is a longtime best-seller. Kay recommends TaxAct (\$18 for the ultimate bundle at taxact.com). “It’s very user-friendly, and it helped me find a couple of deductions that I wouldn’t have known about otherwise,” she says. While hiring a preparer costs more, it may be a

worthwhile investment if you run your own business or have extensive deductions to itemize.

➔ **Keep it together.** Much of the stress at tax time results from the chaos of hunting down receipts, such as for your child-care bills or the clothes you donated to the thrift shop. “Keeping good records can streamline your filing process,” says Kirkpatrick. Download IDonatedIt (\$3 for iPhone and iPad) to track and value your non-cash donations, and scan and organize receipts by opening a free ShoeBoxed.com account. These tools may not save you from frantically leafing through files this month but should help you rethink your system for next year.

Make no mistake

Yes, Form 1040 can be confusing. “But human error is the biggest issue people have with their return,” Kay says. “Tax software can’t help if you enter the numbers incorrectly.” Double-check every figure, along with the spelling and Social Security number of each dependent. Above all, avoid waiting until the last minute to file since rushing often leads to costly goofs.

\$2,659

The average federal tax refund for the 2013 tax year, according to the IRS. Although it’s nice to receive that sudden boost to your checking account, why give the government an interest-free loan? “It’s better to get more take-home pay throughout the year,” financial advisor Ellie Kay says. “That way, you can invest the money or use it toward college costs or retirement.”

dollars
& sense



Mom Danielle Mattison asks
“Is private- or parochial-school tuition deductible and, if so, what are the requirements?”

Mattison and her husband, James, recently enrolled their 4-year-old daughter, Lily (pictured with Danielle), in full-time child care. Now the Dallas couple—she’s a real-estate agent; he’s a financial analyst—is thinking about what’s next.

Moms Money Clinic Advisor Ellie Kay answers

Unfortunately, these fees aren’t deductible on your taxes. But there are other options to help make Lily’s education more affordable. Among the best: opening a Coverdell Education Savings Account, which allows you to save \$2,000 annually per beneficiary toward K–12 school expenses, including supplies, computer equipment, tutoring, and transportation (public-school parents are eligible too). The money grows tax-free, so the Mattisons will benefit by letting it accrue for a few years. They can also check into scholarship funds from individual schools and at PrivateSchools.com.

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neat spoon

My 2-year-old struggled to keep milk on her spoon while eating cereal. So I gave her a medicine-dispensing spoon. When she accidentally tips the spoon back, the milk runs into the reservoir and she still gets a spoonful when it reaches her mouth.

Emily Sawyer; Leicester, MA

reduce,
reuse,
recycle!



recycled game

I saved ten containers from my daughter's snack puffs and then set them up as bowling pins. With a \$1 ball, we have an inexpensive kit that keeps her busy for hours!

Alicia La France; Saint Charles, IL

organized outfits

When we go on trips, we don't want to spend our time deciding what to wear. I group my son's clothes together as an outfit and put a rubber band around them. He can easily select his own clothes and I can be sure he's wearing clean underwear every day.

Jessica Block; North Easton, MA



shoe-sizer

My kids don't enjoy shoe-shopping, so I trace their feet on heavy cardstock and cut out the footprints. I keep them in my purse, and anytime I decide to go on a shoe hunt I can easily take the footprints and insert one right into a shoe. They guarantee a sure fit for my kids.

Jessica VanMersbergen; Frisco, TX

tinkle trick

To get my son to use the toilet, I squirt dish soap into the bowl. When he pees, it makes the soap bubble and he gets so excited.

Bonus: It keeps our toilet clean!

Jaclyn Suchoraski; Joliet, IL

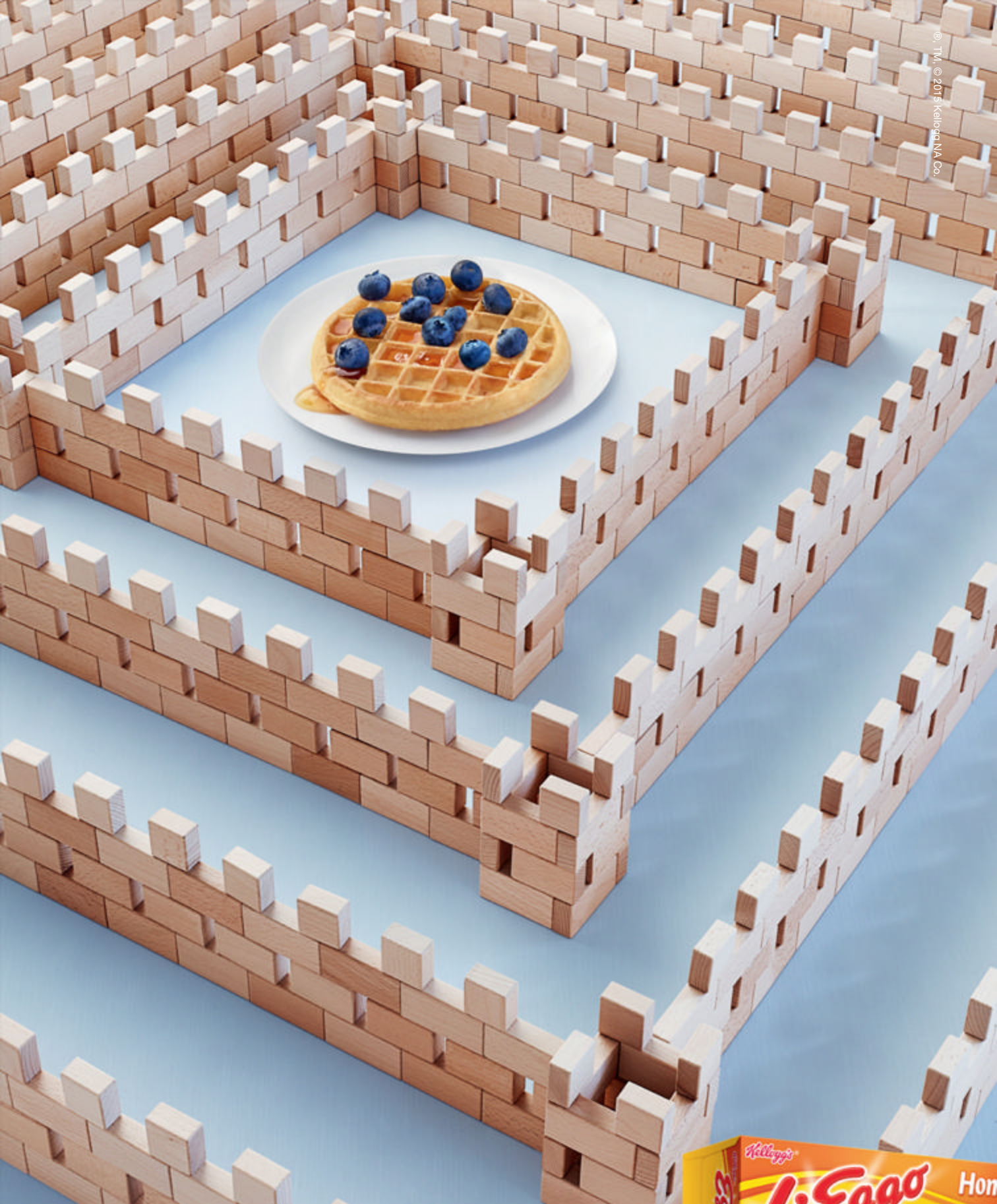


brush off

To remove marker from hardwood floors, I just put a dab of white toothpaste on the stain and then rub like crazy with a damp paper towel or washcloth.

Anna Luther; MyLifeAndKids.com

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PREGNANCY

the second time around

You may feel like a pro, but carrying baby #2 can be a surprisingly unique experience.

by LISA MORAN

I WAS convinced that my second child would be a girl. I had morning sickness all day long—compared to my first pregnancy with my son, when I experienced little more than a craving for pineapple. In low moments, I thought of all the adorable tiny dresses I might be able to buy. When we learned we'd be having another boy, I was shocked.

"Your second pregnancy may be completely different from your first," says Shelly Holmstrom, M.D., associate professor of obstetrics and gynecology at the University of South Florida Morsani College of Medicine, in Tampa, and a spokesperson for the American College of Obstetricians and Gynecologists. In my case, nausea was related to hormone levels that can vary between pregnancies. But that's not all that changes: If you're expecting number two, this is what you need to know.

➔ An earlier reveal

I was just eight weeks into my second pregnancy when I could no longer button my pants. That's because once your abdominal muscles and skin expand during pregnancy, they're never quite as taut again. (Nothing ever is, is it?) "You'll look bigger sooner because your rectus abdominis muscle (what you think of as the 'six pack') has already been stretched

out during your first pregnancy," says Dr. Holmstrom. So don't feel bad about having to break out all of your old maternity clothes sooner.

Something else you'll notice earlier: your baby's kicks. Moms who've been there may feel the baby kick as early as 16 weeks, two weeks earlier than first-timers, because they're able to recognize it.

➔ Unpleasant symptoms

Your abdominal muscles can do more than just make it hard to hide your big news. Back pain—which can develop as your center of gravity shifts to accommodate your growing belly—can occur earlier the second time around. "If your abdominal muscles are a lot weaker in your second pregnancy, you may have back pain earlier," says Dr. Holmstrom. To prevent and ease back pain, wear low-heeled, but not flat, shoes with good arch support, and sleep on your side with a pillow between your knees for support. If you must pick something up—such as your toddler—lift by bending your knees and squatting down, rather than bending over at the waist. With your doctor's approval, pregnancy-safe core-strengthening exercises can help as well. (Find examples at parents.com/abs-exercises.)

Unfortunately, if you experienced varicose veins or hemorrhoids in

your first pregnancy, they may be more severe this time and will likely show up sooner too. "Since these veins were stressed in your first pregnancy, they're more vulnerable the second time," explains Dr. Holmstrom. The best way to prevent hemorrhoids is to avoid constipation: Drink plenty of water, eat a high-fiber diet rich in fruits and vegetables, avoid sitting or standing for long periods without a break, and don't delay when you need to use the bathroom. To ward off varicose veins, exercise regularly, avoid gaining too much weight, elevate your legs when possible, and don't cross your legs or ankles while sitting. You can also ask your doctor whether elastic support stockings (available at medical-supply stores) might help.

➔ Even more fatigue

Remember those lovely Saturday afternoon naps you took during your first pregnancy, after you and your partner made an energy-sapping trip to the movies? Now think about your toddler or preschooler's 6 A.M. need for breakfast or 3 A.M. visits to your bed. It's no wonder you're exhausted. "Give yourself more time to rest by delegating what you can to your partner or caregiver—whether it's loading the dishwasher or grocery shopping," says Isabel Blumberg, M.D., an ob-gyn in private practice in New York City. "You'll have a lot less time once the baby comes, so try to shift these responsibilities now." Also, have someone else start giving your older child a bath or taking her to preschool so it's less of a transition for her when the baby arrives.

➔ Different concerns

"With my first pregnancy, I knew how pregnant I was down to the day," says Amy Morrison, a Toronto mom of two and the blogger behind

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Pregnant Chicken. “The second time, I just based it on how frequently people said, ‘You’re sure going to have your hands full!’” Even if you do keep tabs on exactly how far along you are, what you worry about will likely be different. “I didn’t have as much time to focus on being pregnant the second time,” says Tracy Vozar, of Chicago. “My husband and I were thinking more about all the changes that would happen after the new baby arrived.” For example, you’ll probably be thinking more about how to prepare your child to be a big sibling.

➔ A speedier labor and delivery

Thanks to your already stretched-out uterine muscles, you may experience more Braxton Hicks contractions leading up to delivery—and your postbirth contractions (the ones that help stop bleeding and shrink your uterus back to its normal size) may last longer. That’s because your “uterine muscle tone” decreases with each subsequent pregnancy. But here’s the good news: You’ll move through the stages of labor and delivery much more quickly. You can expect your delivery to be faster—and labor may be speedier too, though it’s hard to say exactly how much since it varies with every pregnancy. “Labor is almost always easier in second deliveries,” says Dr. Blumberg. “It’s too bad everyone can’t deliver their second baby first!” ❌

✴ Second-time moms may feel the baby kick as early as 16 weeks—two weeks earlier than first-timers!

BABY 0–12 months

no spoilers!

If you’re worried that you’re overindulgent, we’ve got the clarity you crave. **by CAROLINE HWANG**

MY HUSBAND and I bickered more during the first 12 months of our son’s life than we did in all of the previous 12 years we were together. The argument? Whether one of us was doing something that was spoiling Nate. “It’s common for new parents to worry about doing everything—feeding, soothing, sleeping—exactly right, because they think that getting into a bad pattern early on will hurt their child in the long run,” says Carrie Masia Warner, Ph.D., an associate professor of psychology at William Paterson University, in Wayne, New Jersey. “But during the first year of life, you can’t spoil an infant by being responsive to his needs.” Still, if you unintentionally encourage certain behavior while your child is young, you may be setting yourself up for trouble later on. We’ll help you make the call on five gray areas.

➔ Picking the baby up as soon as she cries

Do this both day and night for the first three months. You may fear that being so quick on the draw will prime your baby to be clingy or impatient, but being a responsive parent is essential right now. “It’s not okay to let your baby cry for prolonged periods in the early months of her life,” explains Maria Conwell, M.D., a pediatrician with the Children’s Hospital of Philadelphia Care Network. “She needs to feel safe and taken care of—that’s how she starts to develop

trust. Responding to her cries and cues will help foster that.” After 3 months, you can wait a few minutes to see if she’ll calm down on her own (singing a soft song may help). As she grows older, you’ll want to continue giving her opportunities to self-soothe whenever possible. By 9 months, she’ll start to recognize that she gets attention when she wails, so try to determine if she truly needs your help or if she’s just looking for comfort. To encourage independent sleeping, try simply waving or talking to her softly instead of scooping her up right away.

➔ Giving your child a Binky at the first sign of testiness

Hold off. After he reaches 1 month, the American Academy of Pediatrics does recommend giving a pacifier at night to reduce the risk of SIDS, but that doesn’t mean you should automatically pop one into your baby’s mouth every time he starts crying. “You need to determine what the real need is underlying his fussiness first,” says Marcy Guddemi, Ph.D., executive director of the Gesell Institute of Child Development, in New Haven, Connecticut. For instance, if he’s hungry because he’s going through a growth spurt, he needs to eat rather than use his pacifier. As he grows older, he won’t have to suck as much; once he hits 9 months, always give him a chance to settle down on his own.



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➔ Rocking her to sleep

It's fine for the first 3 months, when she may not be able to self-soothe, but between 3 and 6 months you should start to cut back. "She needs the chance to fall asleep on her own in order to develop that skill," says *Parents* advisor Jodi Mindell, Ph.D., associate director of the Sleep Center at the Children's Hospital of Philadelphia. "Eventually she'll be able to sleep with or without you." If possible, give her a chance to doze off alone even earlier than 3 months, Dr. Mindell recommends. "You may be surprised—some 6-week-old babies fall asleep gazing at a mobile."

➔ Letting him play with your belongings

At this age, you're better off if you just put electronics, keys, phones, jewelry, and everything else you don't want him to use as a toy out

* In the first year, you can't spoil an infant by meeting his basic needs.

of his sight—and out of mind. If he's always eager to suck on the remote control, don't relent, and, say, take the batteries out of it first. "That's what we call 'false teaching,'" Dr. Guddemi says. "Your baby won't know whether the batteries are in or out, so he'll think he can play with it any time he wants." You want him to be able to explore his environment, so everything within reach should be objects he is allowed to touch and hold, says Dr. Guddemi. "He won't really understand that he can't play with certain objects until later on when he's more verbal."

➔ Giving your (older) baby bites of your snack

Sure, this is fine as long as you're munching on something healthy and safe—like yogurt or skinless soft fruit—and she eats well at mealtimes. (If your snack is potato chips or nuts, you can try to offer her something more appropriate.) It's perfectly natural for your baby to want what's being eaten in front of her, but be careful that you don't encourage any bad habits by indulging her. Whining may be a way for her to communicate right now, but you don't want to teach her that that's how she can get what she wants. "Wait for her to be calm for even just a few seconds before handing her the food," says Dr. Masia Warner. To encourage her verbal development while you're at it, you can also tell her the name of the food she's nibbling. ✕

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TODDLER 1-2 years

fear factors

The world can be a scary place for a little kid. Help him feel safe with these expert tips.

by REBECCA FELSENTAL STEWART

WE HAVE a pile of books in our bedroom that my son, Noah, 2½, has asked me to return to the store. It includes all the ones we own that feature a “scary” character, whether it’s an animal, a witch, or a monster.

Younger toddlers tend to be frightened by anything that they perceive as a threat to their safety, such as loud noises and dogs. These anxieties often fade when they gain more confidence and independence,

but new ones emerge as their imagination blossoms sometime after they turn 2. “To have a fear of monsters, you have to be able to conjure something that’s not really there,” says Donna B. Pincus, Ph.D., director of the Child and Adolescent Fear and Anxiety Treatment Program at Boston University and author of *Growing Up Brave*. While it’s tempting to shield your child from whatever is spooking him,

doing so merely proves to him that these things should be avoided. A better idea: Help him gradually confront fears like these.

➔ Thunder

A loud and unpredictable cracking sound can be shocking to a toddler. When your child’s face crumples, acknowledge why she’s afraid (“That was quite a big boom—it made me jump”), but let her know it’s exciting too. Explain that storms are normal (“We have sunny days and cloudy days and sometimes rainy days with thunder. But don’t worry—we’re safe and dry inside”). To prepare for the next one, try doing a “thunder dance” to help your toddler associate the sound with playfulness rather than anxiety. You can stomp around the house and hit pots and pans with a spoon, suggests child psychologist Lawrence Cohen, Ph.D., author of

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The Opposite of Worry. When a real storm hits, cradle her in your lap for a while. Then slowly approach the window so that she can watch from the security of your arms.

➔ Dogs

It's understandable if your toddler cowers when your neighbor's frisky Labrador bounds toward him. Dogs can easily startle him by barking loudly, jumping excitedly, or licking his face. Let your child know that most dogs are merely being friendly. When you see one, ask the owner if it's safe to pet her. Then model the right way to say hello: Let her sniff your hand before you rub behind her ears. Demonstrate how to stroke the soft fur, and then have your child try it. Praise him for taking even small steps, and be patient—it may take a while until he feels comfortable.

➔ Bathtime

Lots of toddlers become scared of the tub because they're worried about being sucked down the drain as the water empties. To ease this fear, fill the bath with only an inch or two of water and let your child kneel by the edge and play with some water toys for a while. Show her that a rubber dolphin won't fit down the drain, and explain that she won't either. Then gently place her into the tub and add more water. Since your child may be afraid of shampoo stinging her eyes, be sure to cover them with a washcloth when you rinse her hair. Bubbles, bath crayons, and waterproof books can make getting clean more fun for her. "When your toddler is doing something creative, it distracts from the fear," says Dr. Cohen.

➔ Costumed characters

While you might expect your toddler to get a kick out of seeing Donald Duck or Chuck E. Cheese in person, he's just as likely to be freaked out by

them. Life-size costumes can be intimidating to young children, especially since the proportions of their features and body parts tend to be extreme. "The expressions on a character's face don't change, which can be confusing and distressing to a young child," says Dr. Pincus. To help him understand what costumes are, hold a mask in front of your face and then remove it to show him that you're still Mommy underneath. Let him put it on if he likes, which will give him a sense of control. When you go to an amusement park or an event with a mascot, give the character a high five, and then ask your child if he'd like to say "Hi." If he's not ready, wait till next time.

➔ Creatures of the night

Don't be surprised if your star sleeper suddenly resists bedtime because she's afraid of being alone in a dark room. "Pretend things, like ghosts and monsters, can seem very real to her," says Dr. Cohen. Using a night-light can make her room seem less scary, and so can a special stuffed animal or blanket. Having a soothing nighttime routine that includes cuddling, reading, and singing will help relax her before you say good night.

However, it's best to work directly on your child's fear of make-believe creatures during the day. You'll need to walk a fine line, letting your toddler know that you understand her fear while gently conveying that the monsters are a product of her imagination. Role-playing can help, as long as you make clear that it's merely a game. Let her be the horrible beast first. Ham it up as you run away and act frightened. When it's your turn, be a bumbling, funny monster who isn't able to catch her. You can also draw a funny picture of the creature together. Make sure you give him a happy face and a big smile so he seems silly, not scary. ✕

PRESCHOOLER 3-4 years

new ways to play

If your child is fixated on Anna and Elsa or stuck in the Jurassic era, these strategies will help her branch out.

by CAROLINE SCHAEFER

MY SON, Austin, won't be getting his driver's license for at least 13 years, but he's obsessed with cars. He wakes up with auto-shaped impressions on his cheek after a night nuzzled up to Lightning McQueen. He refuses to wear anything but cargo pants that have roomy Hot Wheels-size pockets and can only be convinced to eat broccoli if I drive bits into his mouth with an enthusiastic "Vroom."

"Austin's devotion to cars is absolutely normal," Lawrence J. Cohen, Ph.D., author of *Playful Parenting*, assured me. "Three- and 4-year-olds are becoming aware that their world is a lot bigger than just home and family. There's so much that's unfamiliar that they need to balance this out with things that they know well." So while I'm relieved to find out that fixations are actually to be expected, it's smart to grow your child's interests as well as respect his beloved pastime.

➔ Clean out toy bins

A huge array of choices isn't always a good thing. "Too many toys can overwhelm your child," says Jennifer Esterly, Ph.D., lecturer in psychology

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and child development at California State University Stanislaus, in Turlock. Narrow down the options for your *Frozen*-obsessed child and display them where they're easily accessible. This way, she'll be more likely to pick up a new activity such as coloring—even if it's just a picture of Olaf.

➔ Incorporate his passions

Instead of fighting your child's tendency to choose trains, try squeezing in a caboose here and a locomotive there while engaging in other activities, suggests Joyce Harrison, M.D., a child psychiatrist and assistant professor at Johns Hopkins University School of Medicine, in Baltimore. This way, you can expand his interests and build his skills while remaining in his comfort zone. For example, use Legos to build a track for the trains

or scatter a few choo-choo-related books (recent favorites include *Locomotive* and *Steam Train, Dream Train*) around his toy area.

➔ Make a plan

Three- and 4-year-olds like to feel in charge, so give your pony-obsessed kid a say in how she'd like the two of you to spend playtime while still ensuring that she's exposed to a variety of areas. Offer her a few choices of activities to do together, making sure you include her equine addiction in at least one of them. For instance, you might suggest playing My Little Pony, going to the park, and doing arts and crafts. Let her pick the order of the activities.

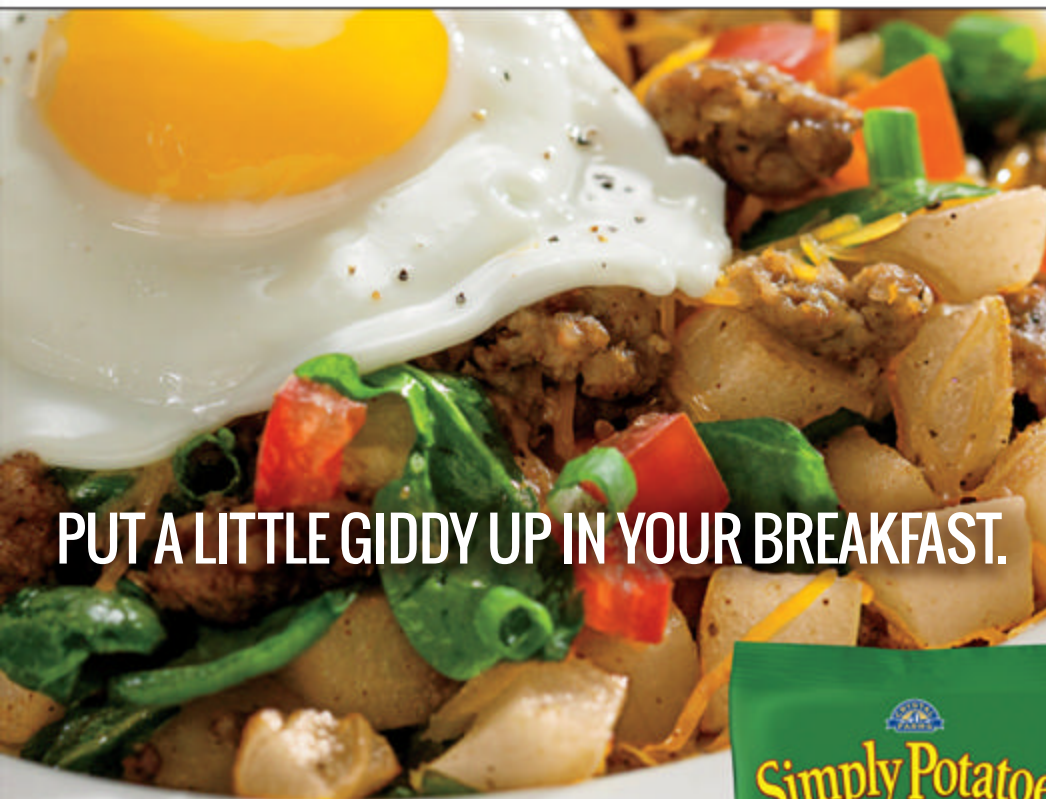
➔ Go all out

If your child is gaga for dinosaurs, play along. The reason: Children respond to their parents' boredom by

locking into an activity, making it harder for them to switch gears. Dr. Cohen suggests setting a timer for 15 minutes and giving the game your full energy. Then, your kid will be more flexible about moving on.

➔ Consider the big picture

As much as you want your child to have multiple interests, most kids this age don't have the mental flexibility to jump seamlessly from one activity to another. Your job is to be patient while your child gets through her soccer frenzy or Doc McStuffins mania. That way, she can make sense out of it before finding new interests and opportunities. It's true: I'm impressed when Austin rattles off the name of every vehicle in *Cars* while I can barely tell Doc Hudson from Mater. So for now, I guess that I better fasten my seat belt and enjoy this car-filled ride. ✕



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1/2 pound ground beef (or turkey, or breakfast sausage, or chorizo)
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1 (4 oz.) can diced green chiles
1/2 teaspoon garlic powder
1 teaspoon chili powder
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups coarsely chopped spinach
2 teaspoons olive oil
3-5 eggs
1 tomato, chopped
2 green onions, chopped
3/4 cup shredded Cheddar cheese

Heat large skillet over med-high heat and brown ground beef. When fully cooked, add potatoes, chiles and spices. Cook 10 minutes or until potatoes are tender, stirring occasionally. Add spinach and cook 1-2 minutes or until spinach is wilted. Remove from skillet. Add olive oil to skillet and, once it is hot, add eggs. Fry until whites are set. Top the hash with cheese, tomato and green onion, and top each serving with a fried egg.

Recipe courtesy of MaybeMatilda.com

SCHOOL-AGE 5–6 years

cost questions

Explain financial issues in a way your child can understand. **by TAMEKIA REECE**

YOU'VE PROBABLY noticed that your kid is interested in all things money. He may want your loose change, stand on his tiptoes to watch as you get money from the ATM, and talk about being rich. “At this age, kids are surrounded daily by peers who may wear, have, and talk about all sorts of material things that may invite envy,” says Jayne Pearl, author of *Kids and Money Guide to Learning Capital*. Your child is bound to have many

questions, some of which may be challenging. We’ve asked experts for suggested scripts for the most common—and baffling—queries.

➔ “How much money do you make?”

A child asks about your earnings for one of two reasons: Either she wants to see where your family sits on the totem pole (often after listening to a friend boast about a parent’s job) or she’s wondering whether you have

enough money to pay for a pricey item. There’s no need to get into specifics. Instead, you can say, “We make enough to afford the things we need—a home, food, clothing, and medical care,” says Jean Chatzky, author of *Not Your Parents’ Money Book: Making, Saving, and Spending Your Own Money*. If it’s true, you can add that you have enough money to spend on luxuries like family vacations. If money is tight in your household, be honest yet reassuring: “We don’t make as much as we’d like, but we’re doing the best we can so things will be better in the future.”

➔ “Are we rich or poor?”

Kids hear about celebrities living lavish lifestyles. Chances are they’ve also seen heartbreaking images of starving children. “In most cases, what they’re really asking is, ‘Are we okay?’” says Pearl. Answer to allay

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their fears: “We aren’t as rich as some people or as poor as others, but we’ll always take care of you.”

➔ “Who earns more, you or Dad?”

Avoid falling into the trap of giving a direct answer, as the higher earner may suddenly become the favored parent (at least until he or she says “no” at the toy store). Say, “It doesn’t matter who earns more. Our family is a team, and we work toward the same goals,” suggests Pearl. This is also a good time to explain that everyone contributes value to the household—and to introduce chores, if you haven’t already.

➔ “Why is Sophie’s house bigger than ours?”

When your child starts comparing your economic status with that of others, shift the focus. Chatzky recommends saying: “People spend their money in different ways. We choose to spend ours on ____.” Then explain which financial priorities come first to you, such as owning a car or setting aside money for emergencies. Limiting the talk to how your family allocates its money will make kids less concerned with trying to keep up with others.

➔ “Why is that man asking for money?”

This can be a confusing sight for your child, especially if you haven’t discussed homelessness already. Neale S. Godfrey, author of *Money Doesn’t Grow on Trees: A Parent’s Guide to Raising Financially Responsible Children*, recommends being straightforward: “He’s holding that sign because he doesn’t have a place to live or money for food.” If you give anything, explain that you’re doing so because it’s nice to help others. If not (and she asks why), let her know that you’ve decided to donate money or volunteer your time to organizations that support

the needy. If she wants to help, have her gather items to donate together, or volunteer at a local soup kitchen that allows kids to participate.

➔ “What would happen if you lost your job?”

If a classmate reveals that his parent got laid off, your child may worry that you might too. Explain it this way: “Unfortunately, there are times when a company doesn’t have enough money to pay its workers. Hopefully Jake’s dad will find a new job soon.” Avoid suggesting that you won’t ever be in the same position. Pearl suggests saying, “It’s possible your dad or I could lose a job one day. I don’t expect that will happen, but if it does, things would be a bit more difficult for a while.” Then let him know there’s a plan in place. For instance, you might mention that you have money saved or that Dad (or you) can work extra hours for a while. The goal is to let your child know that regardless of what happens, he’ll be okay. ☺

rules

PARENTS BEST OF BLOOPERS CONTEST, PAGE 42

Send your funny story to kidquotes@parents.com. Include your full mailing address, phone number, and your child’s name and date of birth. NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at parents.com/bloopers-contest. The Best of Bloopers Contest begins at 12:00 a.m. ET on 12/1/14 and ends at 11:59 p.m. ET on 8/31/15. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. One entry per person per e-mail address per day. Void where prohibited. Sponsor: Meredith Corporation.

IT WORKED FOR ME! CONTEST, PAGE 116

Send your useful tip to iwfm@parents.com. Include your full mailing address, phone number, and a recent photo of your tip in action. NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules and entry at parents.com/worked-contest. The It Worked for Me! Contest begins at 12:00 a.m. ET on 3/1/15 and ends at 11:59 p.m. ET on 5/31/15. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. Five (5) entries per person per e-mail address per day. Void where prohibited. Sponsor: Meredith Corporation.

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AN UPCYCLED EASTER, **PAGE 26**

Better Baskets

WHAT YOU'LL NEED

1 clean food tub (ice cream, yogurt, etc.), cardboard, scissors, felt, hot-glue gun and glue sticks, pinking shears

MAKE IT

1. If your tub has a lip at the top, cut it off to create a clean edge. Cut a cardboard strip for the handle, approximately $\frac{3}{4}$ " x 14".
2. Stretch felt over tub to estimate how much you'll need (it will cover both the inside and the outside), and cut roughly to size, leaving a few extra inches all around.
3. Place tub on its side on top of felt so that a couple inches extend past both the top and the bottom. Wrap felt around tub like a present and hot-glue one seam to secure. Trim remaining loose end of felt with pinking shears, then hot-glue to tub, overlapping the other seam.
4. Pull felt taut and hot-glue to exterior bottom of tub, pinching and

smoothing as you work. You may need to trim off excess felt if it overlaps itself too much.

5. Put dabs of glue on sides and bottom of tub's interior. Fold felt inside tub and press down to secure.
6. Cut a slit in felt inside tub where you plan to attach handle; cut out a small rectangle to expose container beneath. Repeat directly opposite for other side of handle.
7. Measure two pieces of felt slightly wider and longer than the cardboard handle and cut with pinking shears.
8. Place hot glue onto exposed plastic patches and attach handle to inside of tub. Glue felt pieces to underside and top of handle (they should end up extending slightly past the handle's length and onto the inside and outside of the tub).
9. Using pinking shears, cut 3" circles and $1\frac{1}{2}$ " leaf shapes from felt. Fold circles in half, then in half again, gluing within the folds to form flower shapes. Hot-glue flowers and leaves to basket.

* Watch our step-by-step video at parents.com/easter-basket-craft.

Flower Power

WHAT YOU'LL NEED

Newspaper, craft paint, paintbrush, scissors, floral tape, hot-glue gun and glue sticks, headband

MAKE IT

1. Paint newspaper (green for leaves and colors of your choosing for petals). Let dry.
2. Download, print, and cut out flower petal template at parents.com/easter-petal.
3. Cut painted paper into $2\frac{1}{2}$ " squares; stack squares, trace template onto top piece of paper, and cut out stack. Trace and cut leaves from green-painted paper.
4. You'll need seven petals for each flower. Roll one petal into a cylinder; pinch and twist the bottom. Curve other petals around center petal, pinching their bottoms around the first petal.
5. Tightly wrap floral tape around base of each flower to secure.
6. Hot-glue flowers to headband facing forward. Glue leaves around flowers to mask their backs and bases.

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"Styling my daughter's dolls' hair once she goes to sleep. I really like making them look nice." —Lynn-Nora Laventure-Whitehead



"Playing my sons' video games while they are at school. When they get home and see that things have changed, I just tell them the game updated!" —Megan Koren



"Using my kids' jelly-bean-scented bubble bath after they go to bed." —Teresa Wheeler



"Listening to my favorite radio station in the car and not hearing 'I don't like this song. Put on one of my stations!'" —Trina Long West



"After the kids are asleep, I get to watch my shows and eat Nutella out of the jar without having to share." —Ashley Bell

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